Better Homes & Gardens

Mediterranean DIET™

EAT HEALTHY IN 30 MINUTES

103 RECIPES

FLAVOR BOOST! SAUCES, SPICES & TOPPERS

5-INGREDIENT FISH RECIPES

HEARTY GRAIN DISHES

Harissa-Spiced Couscous Salad with Chicken

2025

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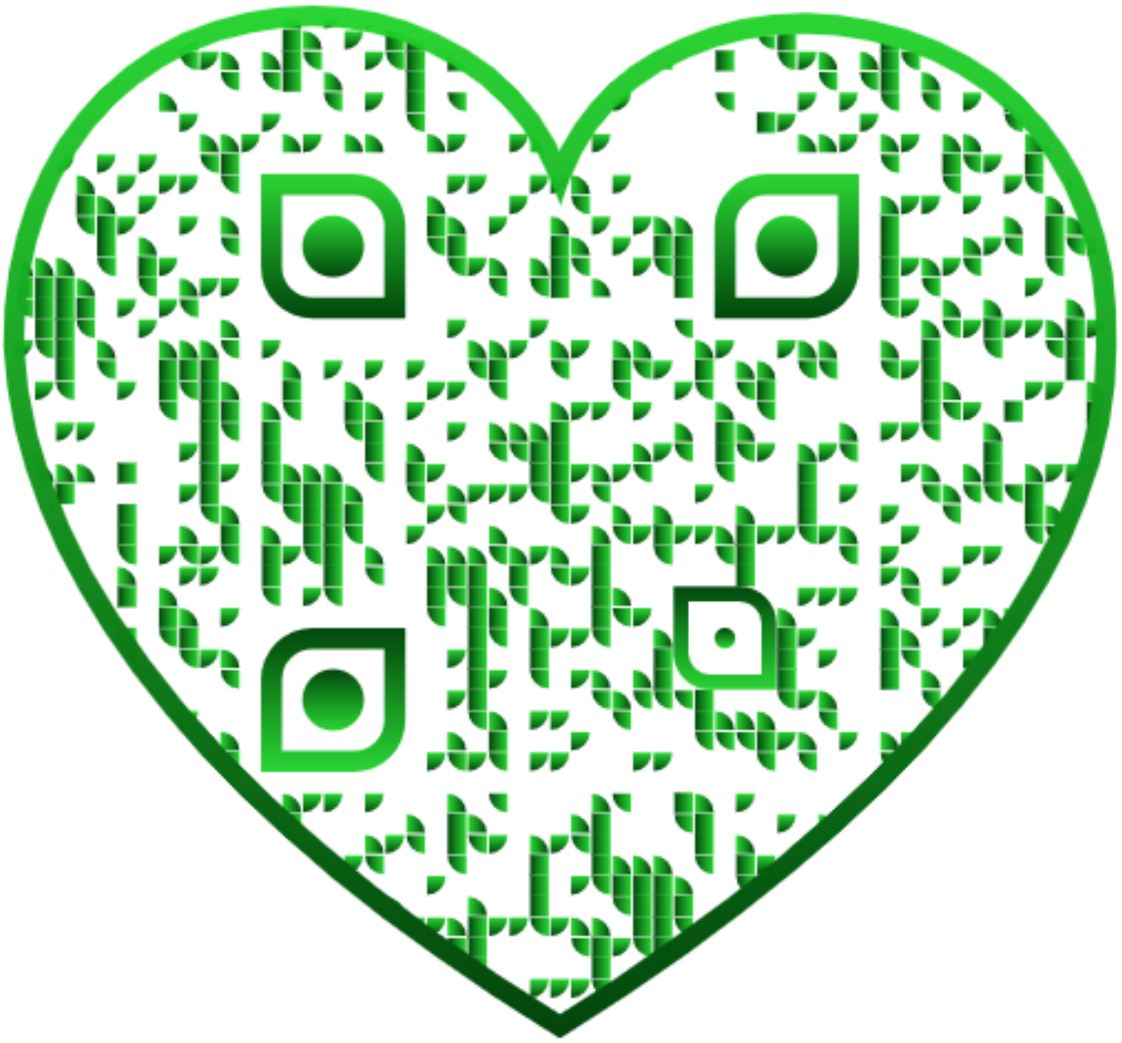

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Vice President & Publisher DONNA LINDSKOG donna.lindskog@dotdashmdp.com
Marketing SANDRA SALERNO ROTH, CHRISTINE AUSTIN

ADVERTISING OPERATIONS
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Senior Production Manager, Country Home JULEE EVANS
Production Managers APRIL GROSS, TREVI JONES, ASHLEY SCHAUBROECK

DIRECT MEDIA
Executive Director TYLER HUB tyler.hub@dotdashmdp.com

DOTDASH MEREDITH
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FOR EDITORIAL QUESTIONS, EMAIL SPOON@DOTDASHMDP.COM
OR WRITE US AT ***Mediterranean Diet,***
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On the Cover

Harissa-Spiced Couscous Salad with Chicken

START TO FINISH 30 minutes

- 1 preserved lemon
- 1 14.5-oz. can reduced-sodium chicken broth or vegetable broth
- 1 Tbsp. Harissa Sauce (recipe, *p. 45*) or purchased harissa sauce
- 2 Tbsp. olive oil
- 3 green onions, white and green parts separated and thinly sliced
- 1 cup Israeli couscous
- ¼ cup golden raisins
- ⅔ cup frozen fire-roasted whole kernel corn
- 1 cup multicolor cherry tomatoes, halved
- ½ cup chopped fresh parsley
- ⅓ cup roasted, unsalted pistachios
- 1 recipe Harissa Vinaigrette *(right)*
- ¼ cup crumbled feta cheese (1 oz.)
- 1 lb. cooked chicken, sliced (optional)
- 2 Tbsp. chopped fresh mint

1. Quarter preserved lemon, remove and discard pulp, and cut peel into strips. If very salty, rinse with water; pat dry.
2. In a small saucepan whisk together chicken broth and Harissa Sauce. Bring to boiling. Reduce heat to low; cover and keep warm.
3. Meanwhile, in a 12-inch nonstick skillet heat oil over medium-high. Add the white parts of the green onions and cook until fragrant, about 1 minute. Add couscous and cook until toasted, about 5 minutes. Slowly stir in chicken broth mixture and raisins; bring to boiling. Reduce heat; cook, uncovered, stirring occasionally, until couscous is tender and all liquid has been absorbed, about 10 minutes. Add corn; cook 1 minute more.
4. Remove skillet from heat; add tomatoes, parsley, pistachios, preserved lemon strips, and Harissa Vinaigrette. Toss to combine. Top with feta, chicken (if using), mint, and remaining green onions. **Makes 4 servings** (¾ cup each).

HARISSA VINAIGRETTE In a small bowl whisk together 3 Tbsp. olive oil, 2 Tbsp. red wine vinegar, 1 Tbsp. Harissa Sauce (recipe, *p. 45*) or purchased harissa sauce, 1 Tbsp. finely chopped shallot, 2 tsp. honey, ½ tsp. ground cumin, ¼ tsp. each ground coriander and black pepper, and ⅛ tsp. salt.

PER SERVING *499 cal., 26 g fat (4 g sat. fat), 8 mg chol., 617 mg sodium, 57 g carb., 4 g fiber, 14 g sugars, 12 g pro.*

PRESERVED LEMONS

To prep preserved lemons, use a knife or spoon to scrape away and discard pulp and white pith, then cut yellow peel into thin strips. If you can't find preserved lemons at your supermarket, use the zest and juice from one lemon and stir them into the salad in Step 4.

4

MEDITERRANEAN DIET

MEDITERRANEAN DIET OVERVIEW

BY FRIEDA WILEY, PHARMD

Year after year, the Mediterranean diet receives praise for its health benefits, including weight loss and lowered risk of heart disease. However, many people may not realize the Mediterranean diet is much more than what you eat—it's a lifestyle, according to a 2024 article published in the *Journal of Translational Medicine*. In fact, the word "diet" comes from the Greek word "diata," meaning "lifestyle." In other words, the Mediterranean diet describes the daily habits of people who live in various parts of Southern Europe, Northern Africa, and the Middle East. Their habits include a healthful diet along with plenty of exercise, sleep, and maintaining a robust social community.

Six Easy Tips to Get Started

Let's face it. Eating healthfully can be hard. But, instead of pressuring yourself to adopt a Mediterranean diet cold turkey, here are some easy tips to help you get started. Making small changes decreases stress and overwhelming emotions, while increasing the chances your changes will evolve into lasting commitments.

1 **Establish a sleeping schedule.** Aim for 7 to 8 hours of sleep each night. Start by trying to go to bed at the same time—even on the weekends. Set a reminder on your phone or smartwatch to begin winding down for bed at least an hour before turning in for the evening. Power off all digital devices, such as your television and cell phone, an hour before bed and relax with a book or warm bath before dozing off.

2 **Reimagine salads.** Those who follow a Mediterranean lifestyle consume large quantities of raw vegetables—usually in the form of a salad with each meal. These salads often have fresh fruits and vegetables and regional produce, such as tomatoes and olives. Typically, cooked items added to salads are prepared using low heat, which not only preserves the nutrient contents but also reduces the water loss.

3 Swap the heavy sauces for olive oil-based dressings and marinades. Unlike the Mediterranean cuisine, American food often incorporates artery-clogging sauces, dips, and gravies in the menu. However, lacking these culinary embellishments does not mean Mediterranean cuisine is void of flavor. Herbs, spices, and heart-healthy olive oil are at the heart of Mediterranean cuisine and add pizzazz to lean meats, fish and seafood, salads, soups, and more.

4 Simplify your cuisine. When it comes to sourcing and preparing food, buy in-season produce and opt for whole foods. If you're used to eating processed foods from cans, boxes, and packages that can last for weeks or months in your pantry or refrigerator, adjusting to eating this way can be tricky. Instead of viewing eating fresh foods as a chore, make it a fun adventure. Take a Mediterranean cooking class, go to a local farmer's market, or consider growing a garden. If you don't have a backyard, container or hydroponic gardening is another option.

5 Keep it fresh. Whole and fresh foods are at the heart of the Mediterranean diet, so you won't find many processed food options. If you're worried about fresh produce going bad before you have a chance to eat it, consider adopting the habit of shopping at the market more frequently, the way many people of the Mediterranean do. Or try prepping fruits and vegetables when you get home from the market so they're ready to eat at a moment's notice. Store the prepped produce in an area of the refrigerator that you're more likely to see (not hidden in the drawer). Also try fermenting vegetables using acidic liquids (for example, lemon juice, wine, or vinegar) and drying fresh herbs.

6 Adopt an epicurean mentality. The Greek philosopher Epicurus famously said, "We should look for someone to eat and drink with before looking for something to eat and drink." Unlike the Spartan-paced nature of Western society that has spawned a fast-food and eat-on-the-go culture, it's typical of a Mediterranean lifestyle to take time to cook and enjoy food—often sharing meals with others. If you have a job or career that keeps you on the go, start by having family dinners, weekly dinner parties, or dinner dates with family and friends. Observe how you feel after socializing over your meals, then if it's going well, add on a few more of these "sessions" per week or month.

MEDITERRANEAN DIET PANTRY

Stock up on the following foods to build up your healthy kitchen.

Healthy Fats
Such as olive oil and avocados

Nuts and Seeds
Such as walnuts, almonds, sunflower, and pepitas (pumpkin seeds)

Fatty Fish
Such as salmon and mackerel

Lean Proteins
Such as legumes, chicken breast, and eggs

Fresh Produce
Such as leafy greens, tomatoes, cucumbers, bell peppers, carrots, zucchini, apples, berries, and melons

Citrus
Use both the zest and juice of lemons, limes, and oranges

Fresh Herbs and Seasonings
Such as parsley, basil, mint, and rosemary, as well as cinnamon, garlic, and saffron. See "Spice It Up" on p. 14 for some DIY Mediterranean spice blends.

Whole Grains
Such as quinoa, bulgur, farro, as well as whole wheat pasta and flatbreads

3 Reasons to Eat the Mediterranean Way

THERE'S A BEVY OF REASONS TO TRY THIS EATING STYLE—HERE ARE THE TOP 3.

Reduce risk of heart disease. Whole grains and fresh produce are at the center of the Mediterranean diet. People who eat whole grains every day lower their chance of dying from heart disease by 9 percent, according to a study published in *JAMA Internal Medicine*. And a Harvard study found that people who eat 5 cups of produce a day lower their risk of heart disease by nearly 30 percent.

Protect against cancer. Eating the Mediterranean way means that red meat is considered a treat. Eating less red meat can reduce the risk for certain cancers. The American Institute for Cancer Research recommends eating no more than 18 oz. of red meat per week. Replacing red meat with plants, such as legumes, is an excellent way to get more fiber and antioxidants, which protect against cancer, says registered dietitian Kelly LeBlanc of the nutrition nonprofit Oldways.

Prevent and manage diabetes. The Mediterranean diet is associated with a 20 percent reduced risk of developing type 2 diabetes, according to an article published in *Endocrine: International Journal of Basic and Clinical Endocrinology*. Other research has found the Mediterranean diet can reduce insulin resistance and improve blood glucose control. Researchers believe the diet's moderate consumption of alcohol; high consumption of fruits, nuts, and olive oil; and reduced intake of dairy and meat products are major contributors to preventing and managing diabetes.

PUT THE "FAST" BACK IN BREAKFAST. THESE PROTEIN- AND NUTRIENT-RICH MEALS COME TOGETHER QUICKLY (10 MINUTES OR LESS!) SO YOU CAN STAY ON TIME AND ON SCHEDULE.

BREAKFAST in 10

Egg White Omelet

START TO FINISH 10 minutes

- **3 egg whites or 2 egg whites and 1 whole egg**
- **⅛ tsp. black pepper**
- **½ tsp. olive oil**
- **½ cup shredded fresh spinach**
- **2 Tbsp. chopped red bell pepper**
- **2 Tbsp. crumbled feta cheese**
- **Toasted bread**

1. In a small bowl beat egg whites and black pepper with a fork until combined but not frothy.

2. In an 8-inch nonstick skillet with flared sides heat oil over medium-high. Pour egg white mixture into skillet. Reduce heat to medium. As mixture sets, run a spatula around edges of skillet, lifting egg white mixture so uncooked portion flows underneath. Continue cooking and lifting edges until egg white mixture is set but still shiny.

3. Top half of the omelet with spinach, bell pepper, and cheese. Lift and fold the unfilled half of omelet over filling. Gently slide omelet out of skillet onto a plate. If you like, top with additional spinach, sliced bell pepper, and cheese and serve with toasted bread. **Makes 1 serving.**

PER SERVING *72 cal., 2 g fat (0 g sat. fat), 0 mg chol., 164 mg sodium, 1 g carb., 0 g fiber, 1 g sugars, 11 g pro.*

COOKING CAULIFLOWER

In a small saucepan bring water to boiling. Add cauliflower florets, cook until tender, about 6 minutes. Drain. Rinse with cold water; drain again. Chill or freeze until needed.

Hello, Hemp

Hemp seeds, aka hemp hearts, have a mild, nutty flavor and are packed with healthy fats and essential fatty acids, including omega-3s and omega-6s. They're also a great source of plant-based, high-quality protein.

Mixed Berry Smoothies with Hemp Seeds

START TO FINISH 10 minutes

- **1 cup cauliflower florets, cooked and chilled (note, *above*)**
- **2 cups frozen mixed berries**
- **6 oz. silken tofu, cut up**
- **1 large banana, sliced and frozen (1 cup)**
- **2 Tbsp. hemp seeds**
- **2 tsp. vanilla**
- **1 to 1½ cups vanilla soy milk or any milk**

1. In a small saucepan cook cauliflower in enough boiling water to cover until tender, about 6 minutes; drain. Rinse with cold water; drain again. Chill until needed.
2. In a blender combine the next five ingredients (through vanilla), the cauliflower, and 1 cup of the milk. Cover and blend until smooth, stopping to scrape down sides and adding additional milk as needed. If you like, sprinkle with additional hemp seeds. **Makes 2 servings** (1¾ cups each).

HOW TO FREEZE BANANA Arrange a peeled, sliced banana on a baking sheet lined with parchment paper; freeze until firm, about 2 hours.

PER SERVING *325 cal., 8 g fat (0 g sat. fat), 0 mg chol., 89 mg sodium, 48 g carb., 9 g fiber, 27 g sugars, 16 g pro.*

Savory Egg and Avocado Breakfast Salad

START TO FINISH 10 minutes

- **2 Tbsp. plus splash cider vinegar, divided (note, *below*)**
- **4 eggs**
- **2 Tbsp. olive oil**
- **1 tsp. Dijon mustard**
- **1 tsp. sugar**
- **¼ tsp. salt**
- **⅛ tsp. black pepper**
- **6 cups fresh watercress and/or arugula**
- **1 avocado, halved, seeded, peeled, and sliced**
- **2 Tbsp. fresh cilantro leaves**
- **½ tsp. chile-lime seasoning (such as Tajín)**

1. Fill a 12-inch deep skillet halfway with water; bring to boiling. Add the splash of vinegar; reduce heat to simmering. Break one egg into a small bowl; gently slide egg into the simmering water. Repeat with remaining three eggs. Simmer eggs until whites are set and yolks begin to thicken but are not hard, 3 to 4 minutes. Remove eggs from skillet with a slotted spoon.
2. Meanwhile, for dressing, in a small bowl whisk together the next five ingredients (through pepper) and the 2 Tbsp. vinegar.
3. In a large bowl toss together watercress and dressing. Serve salad with poached eggs and avocado. Sprinkle with cilantro and chile-lime seasoning. **Makes 4 servings** (1½ cups greens + 1 egg + ¼ avocado each).
PER SERVING *200 cal., 17 g fat (3 g sat. fat), 186 mg chol., 349 mg sodium, 5 g carb., 3 g fiber, 1 g sugars, 8 g pro.*

Poaching Perfection

Vinegar is the secret ingredient that helps keep egg whites intact.

Warming Up!

If you prefer hot cereal to start your day, bring 1 cup milk or water to boiling; add ½ cup of the muesli. Simmer 7 minutes, then remove from heat. Let stand 2 minutes.

Seeds and Fruit Muesli

START TO FINISH 10 minutes

- **4** cups multigrain cereal with rolled rye, oats, barley, and wheat, such as Bob's Red Mill 5-Grain Rolled Cereal
- **1** cup regular rolled oats
- **1** cup dried tart cherries
- **1** cup dried blueberries
- **¾** cup coarsely chopped toasted pecans
- **¾** cup raw chip coconut
- **⅓** cup flaxseeds
- **¼** cup hemp seeds
- **3** Tbsp. chia seeds
- Milk and/or yogurt
- Fresh fruit (optional)
- Honey (optional)

In a large bowl stir together the first nine ingredients (through chia seeds). Cover tightly and refrigerate up to 4 weeks. Serve with milk and/or yogurt. If you like, top with fresh fruit and honey. **Makes 16 servings** (½ cup each).

PER SERVING *272 cal., 10 g fat (2 g sat. fat), 0 mg chol., 4 mg sodium, 41 g carb., 8 g fiber, 14 g sugars, 7 g pro.*

PER SERVING COOKED WITH MILK *394 cal., 15 g fat (5 g sat. fat), 20 mg chol., 118 mg sodium, 53 g carb., 8 g fiber, 26 g sugars, 15 g pro.*

MUESLI

Traditionally, Swiss-German muesli requires an overnight soak for the oats before it is topped with nuts, fresh apple, and yogurt. We streamlined the recipe so you can make the cereal mix ahead and skip the soak. Stir together rolled oats, a multigrain cereal blend, seeds, nuts, and dried berries, then top with milk or yogurt. It's fast, healthy, and adaptable. Use whatever dried fruit you like, then serve it cold or hot—with or without fresh fruit on top.

Asparagus-Egg Breakfast Sandwiches

START TO FINISH 10 minutes

- **4 slices whole wheat bread, toasted**
- **Dijon mustard (optional)**
- **1 avocado, halved, seeded, peeled, and mashed**
- **8 to 12 asparagus spears, steamed**
- **1 hard-boiled egg, peeled and sliced**
- **Coarse sea salt and cracked black pepper**
- **Olive oil**

Spread two of the bread slices with mustard (if using). Spread remaining two bread slices with mashed avocado. Top with asparagus spears and egg slices. Sprinkle with salt and pepper and drizzle with oil. Top with mustard-coated bread. **Makes 2 servings** (1 sandwich each).

MAKE AHEAD Hard-boil the egg and steam the asparagus. Cover and chill asparagus up to 5 days and egg up to 1 week.
PER SERVING *309 cal., 17 g fat (3 g sat. fat), 93 mg chol., 411 mg sodium, 30 g carb., 9 g fiber, 4 g sugars, 12 g pro.*

Spice it Up

DO-IT-YOURSELF SPICE BLENDS HELP YOU CONTROL THE AMOUNT OF SALT AND ADD PIZZAZZ TO MEAT, POULTRY, AND FISH. MIX UP ONE (OR ALL!) TO KEEP TUCKED AWAY IN YOUR PANTRY.

Shawarma Spice Blend

In a small bowl combine 4 tsp. **packed brown sugar;** 2 tsp. each **ground cumin, ground coriander,** and **smoked paprika;** and 1 tsp. **ground cinnamon.** Makes **¼ cup.**

Greek-Style Seasoning

In a small bowl combine 5 tsp. **dried oregano,** crushed; 1 Tbsp. **dried thyme,** crushed; 2 tsp. each **dried basil,** crushed, and **dried minced onion;** and 1 tsp. each **dried marjoram,** crushed, and **dried minced garlic.** Makes **¼ cup**.

Baharat Spice Mix

In a small bowl combine 2 Tbsp. each **ground cinnamon, ground ginger,** and **ground turmeric;** and ½ tsp. **freshly ground black pepper.** Makes **6 Tbsp**.

Italian-Style Seasoning

In a small bowl combine 1 Tbsp. each **dried basil,** crushed; **dried oregano,** crushed; **dried rosemary,** crushed; **dried thyme,** crushed; and ¼ tsp. **crushed red pepper.** Makes **¼ cup**.

Storage

Store spice blends in an airtight container in a cool, dark place up to 6 months, unless noted in recipe.

Za'atar Spice Blend

In a small bowl combine 1 Tbsp. each **ground sumac** and **dried thyme,** crushed; 2 tsp. **dried oregano,** crushed; and 1 tsp. each toasted **sesame seeds, salt,** and **black pepper.** Store in an airtight container at room temperature up to six weeks. **Makes ¼ cup**.

Spanish-Style Seasoning

In a small bowl combine 2 Tbsp. **smoked paprika;** 1½ tsp. each **garlic powder** and **ground cumin;** 1 tsp. **dried oregano,** crushed; ¾ tsp. each **black pepper** and **crushed red pepper;** and ⅛ tsp. **cayenne pepper** (if you like). **Makes ¼ cup**.

Ras el Hanout

(Moroccan-Style Spice Blend)

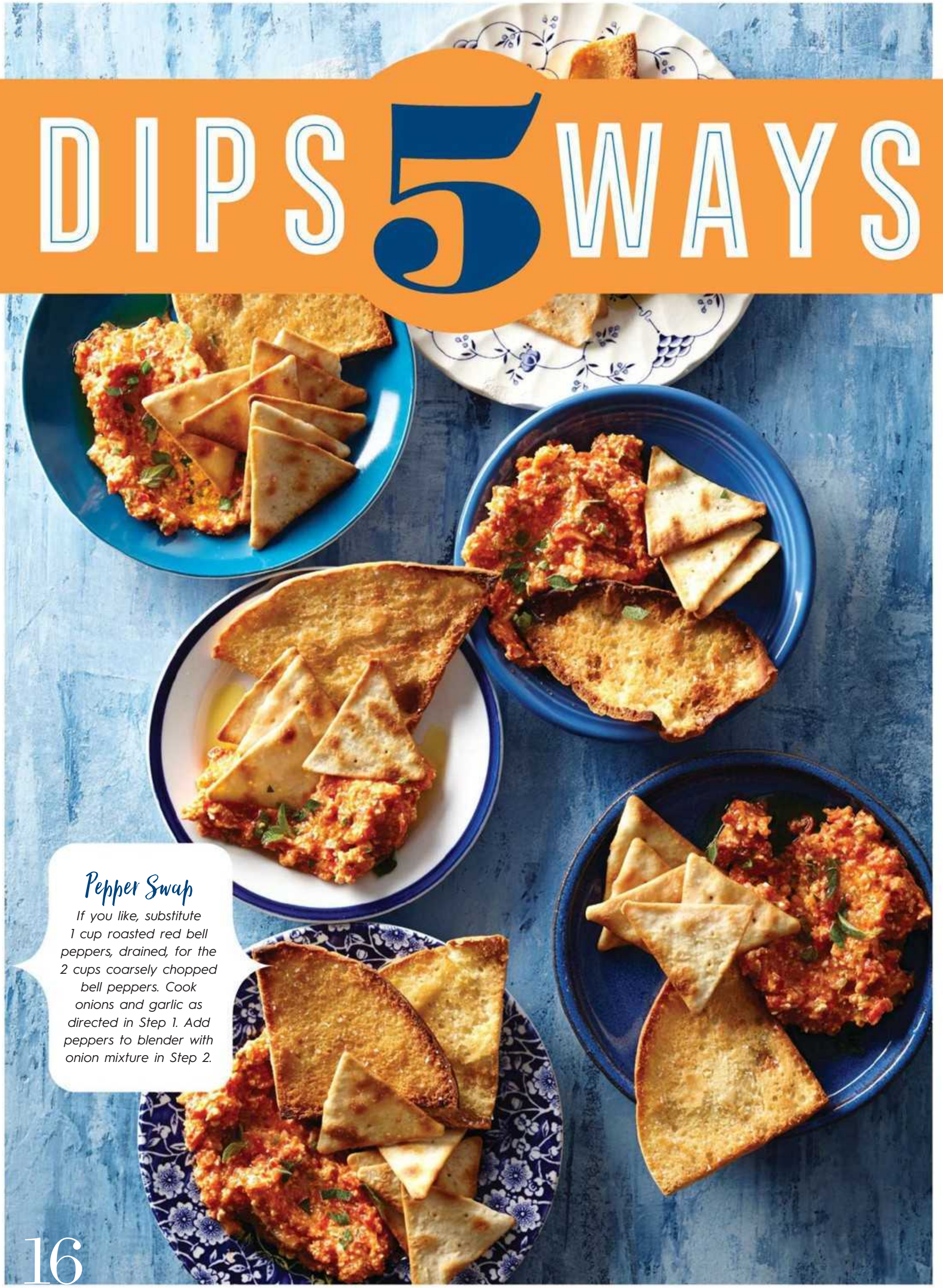
In a small bowl combine 2 tsp. each **salt, ground cumin,** and **ground ginger;** 1 tsp. each **ground allspice, ground cinnamon, cayenne pepper, ground turmeric,** and **black pepper;** and ½ tsp. **ground cloves.** **Makes ¼ cup**.

ZA'ATAR SPICE BLEND

SPANISH-STYLE SEASONING

RAS EL HANOUT

DIPS 5 WAYS



Pepper Swap

If you like, substitute 1 cup roasted red bell peppers, drained, for the 2 cups coarsely chopped bell peppers. Cook onions and garlic as directed in Step 1. Add peppers to blender with onion mixture in Step 2.

SNACK AND SCOOP YOUR WAY THROUGH A VARIETY OF BOLD-FLAVORED DIPS THAT WILL KEEP YOU COMING BACK FOR MORE.

Red Pepper and Feta Dip (Htipiti)

HANDS ON 20 minutes
COOL 5 minutes

- **2 Tbsp. olive oil, divided**
- **2 cups coarsely chopped red bell peppers (tip, *opposite*)**
- **2 cups thinly sliced onion**
- **4 cloves garlic, peeled and smashed**
- **¾ cup crumbled feta cheese (3 oz.)**
- **2 Tbsp. fresh lemon juice**
- **2 Tbsp. fresh oregano leaves**
- **¼ tsp. salt**
- **¼ tsp. crushed red pepper**
- **Pita chips, toasted bread, and/or vegetable dippers**

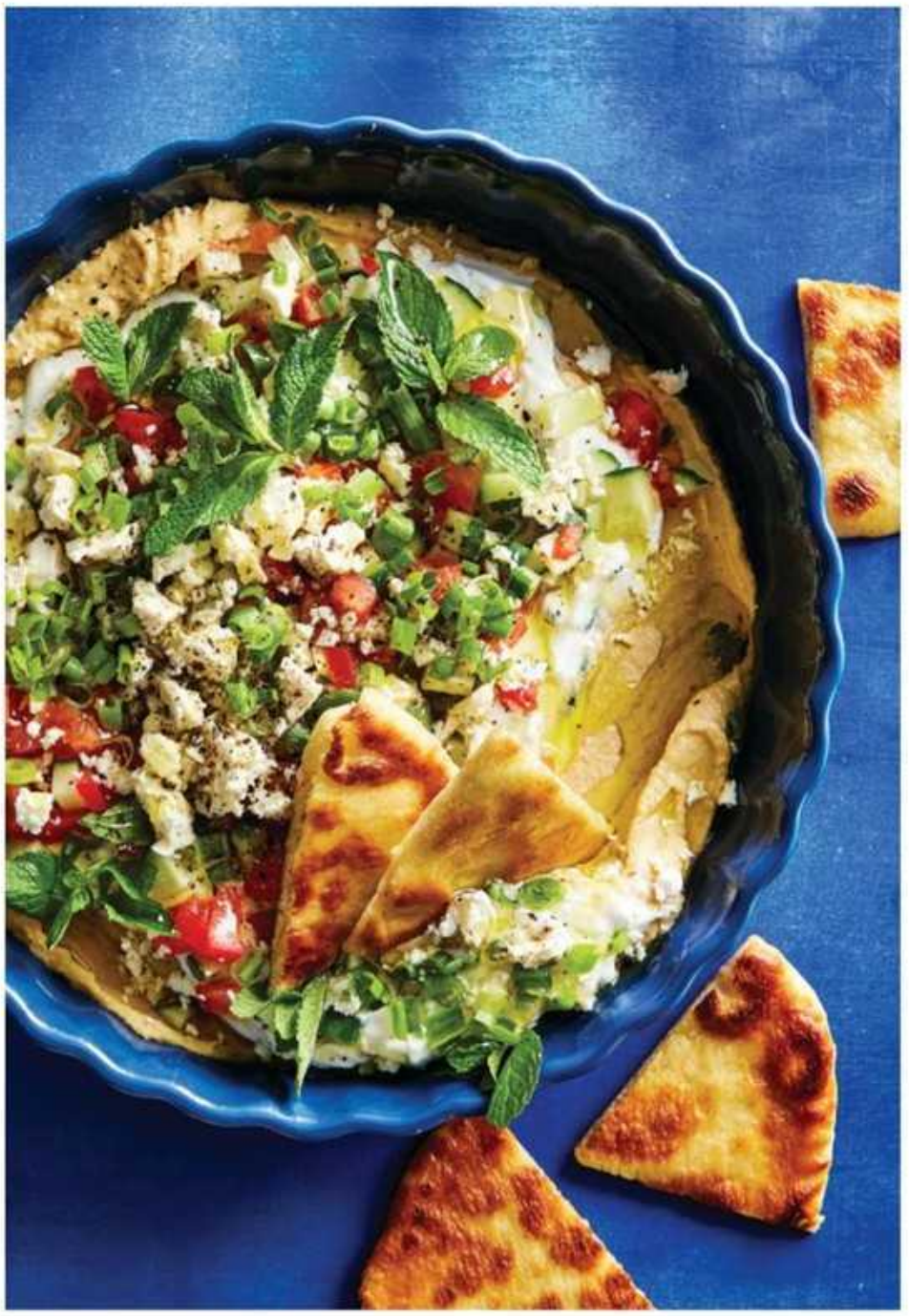
1. In a 12-inch skillet heat 1 Tbsp. of the oil over medium-high. Add peppers and onion. Cook, stirring, over medium until peppers are tender, 6 to 8 minutes. Add garlic. Cook and stir 3 minutes more. Spread in a shallow pan or tray to cool 5 minutes.
2. Place pepper mixture in a food processor or blender. Add remaining oil and the next five ingredients (through crushed red pepper). Cover and pulse until nearly smooth, scraping sides as necessary.
3. Serve with pita chips, bread, and/or vegetables. If you like, top dip with additional oil and oregano. **Makes 16 servings** (2 Tbsp. each).
PER SERVING *61 cal., 4 g fat (1 g sat. fat), 6 mg chol., 114 mg sodium, 5 g carb., 1 g fiber, 3 g sugars, 2 g pro.*

Green Goddess White Bean Dip

START TO FINISH 15 minutes

- **1 15-oz. can cannellini beans, rinsed and drained**
- **1 tsp. lemon zest**
- **2 Tbsp. fresh lemon juice**
- **2 cloves garlic, peeled**
- **¼ tsp. salt**
- **¼ cup olive oil**
- **½ cup chopped, loosely packed fresh flat-leaf parsley**
- **½ cup chopped, loosely packed fresh basil**
- **¼ cup chopped fresh chives**
- **Vegetable dippers and/or crackers**

In a blender or food processor combine beans, lemon juice, garlic, and salt. Cover and blend until smooth, stopping and scraping sides as necessary. With blender running, add oil in a thin, steady stream until smooth. Add parsley, basil, and chives; blend until combined. To serve, top with lemon zest and, if you like, additional fresh parsley, basil, chives, and oil. Serve with crackers and/or vegetable dippers. **Makes 10 servings** (2 Tbsp. each).
PER SERVING *75 cal., 6 g fat (1 g sat. fat), 0 mg chol., 126 mg sodium, 7 g carb., 2 g fiber, 0 g sugars, 2 g pro.*



Greek Layer Dip

START TO FINISH 20 minutes

- **1 8-oz. container plain Greek yogurt**
- **¼ cup coarsely shredded, unpeeled cucumber**
- **1 Tbsp. finely chopped red onion**
- **1 tsp. chopped fresh mint**
- **1 8-oz. container plain hummus (¾ cup)**
- **½ cup chopped seeded tomato**
- **½ cup chopped cucumber**
- **½ cup crumbled feta cheese (2 oz.)**
- **¼ cup sliced green onions**
- **3 white and/or whole wheat pita bread rounds**

1. In a small bowl stir together yogurt, shredded cucumber, chopped onion, and mint.
2. Spread hummus in the bottom of a 9-inch pie plate. Spread yogurt mixture over hummus. Sprinkle with tomato, chopped cucumber, cheese, and green onions. Cover and chill dip up to 2 hours before serving.
3. Split each pita round in half horizontally. Cut each round into 8 wedges. Serve with dip. **Makes 12 servings** (2 Tbsp. each).
CRISPY PITA DIPPERS Preheat oven to 350°F. Arrange pita wedges in a single layer on parchment-lined baking sheets. Lightly sprinkle with water. Sprinkle wedges with paprika and crushed dried oregano. Bake until crisp, about 10 minutes; cool.
PER SERVING *111 cal., 4 g fat (2 g sat. fat), 8 mg chol., 218 mg sodium, 13 g carb., 2 g fiber, 2 g sugars, 6 g pro.*

Squash-Harissa Dip

START TO FINISH 10 minutes

- **2½ cups Squash Puree (below) or canned pumpkin puree**
- **¼ cup tahini**
- **1 tsp. lemon zest**
- **3 Tbsp. fresh lemon juice**
- **1 Tbsp. harissa paste (tip, *p. 81*)**
- **3 cloves garlic**
- **½ tsp. salt**
- **Toppings, such as roasted finely diced squash, crumbled feta cheese, roasted pepitas (pumpkin seeds), olive oil, pomegranate molasses, and/or freshly ground black pepper**
- **Crusty bread, seedy crackers, and/or vegetables**

In a food processor combine first seven ingredients (through salt). Cover and process until smooth. Transfer to a bowl. Top with desired toppings. Serve with bread, crackers, and/or vegetables. **Makes 22 servings** (2 Tbsp. each).
SQUASH PUREE Peel 2 lb. butternut squash; cut in half lengthwise. Remove and discard seeds and strings. Cut into cubes. In a large saucepan cook squash in lightly salted boiling water, covered, 16 to 17 minutes. Drain and cool. Transfer squash to a food processor. Cover and process until smooth. Use puree as directed.
PER SERVING *27 cal., 1 g fat (0 g sat. fat), 0 mg chol., 62 mg sodium, 3 g carb., 1 g fiber, 1 g sugars, 1 g pro.*

Serving Options

The cottage cheese has a fairly loose texture after whipping but thickens to a spreadable consistency if chilled. (We like it both ways.) Likewise, the tomatoes are good hot or at room temp.

Whipped Cottage Cheese with Blistered Tomatoes

START TO FINISH 20 minutes

- **1 16-oz. container full-fat cottage cheese or labneh**
- **2 Tbsp. olive oil, divided**
- **1 pint cherry tomatoes**
- **1 medium shallot, thinly sliced**
- **2 cloves garlic, thinly sliced**
- **1 Tbsp. white wine vinegar or rice vinegar**
- **1 Tbsp. honey**
- **½ tsp. black pepper**
- **¼ tsp. salt**
- **1 Tbsp. thinly sliced fresh mint**
- **Crushed red pepper**
- **Toasted baguette slices, warm torn flatbread, crackers, and/or pita chips**

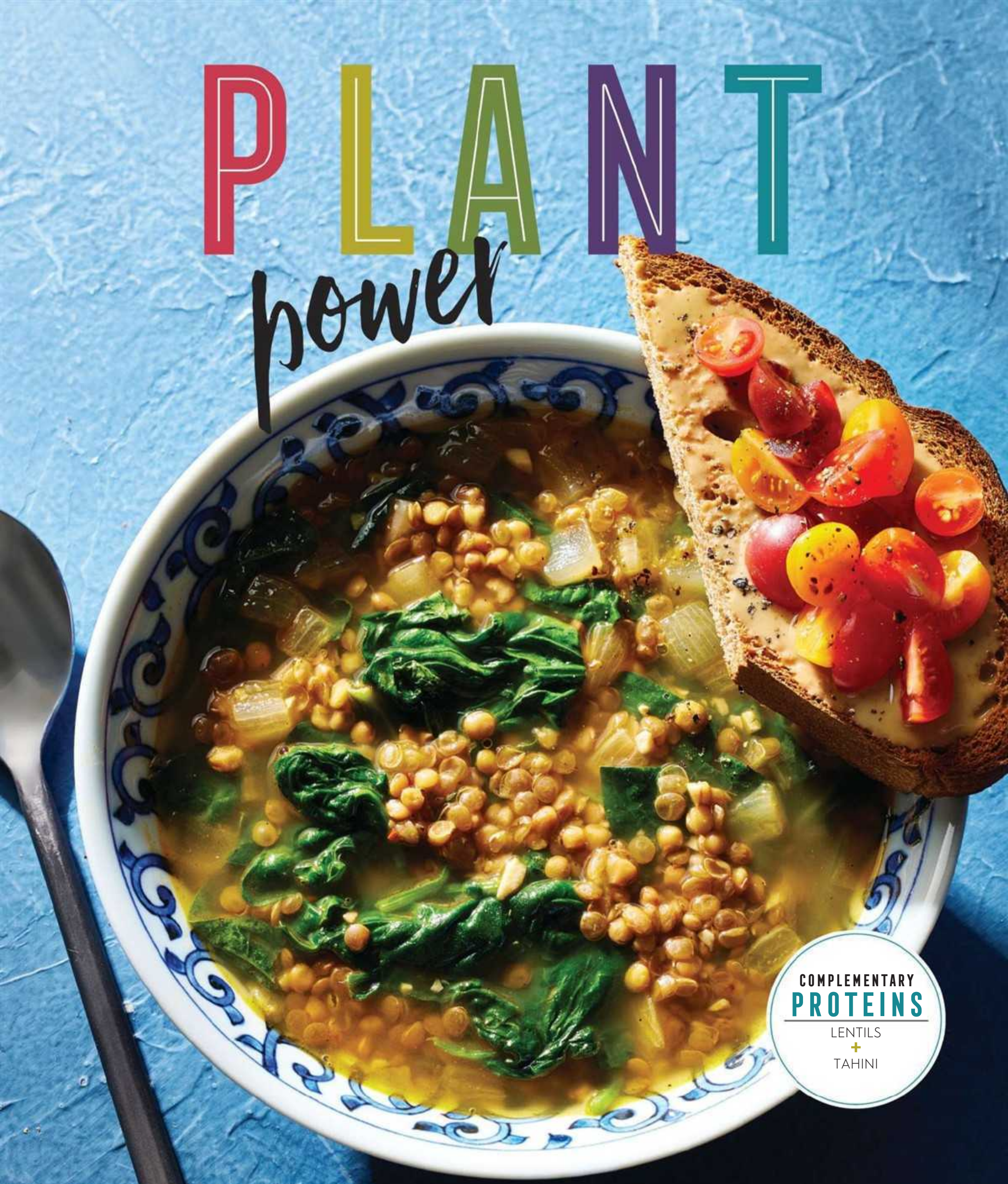
1. Place cottage cheese in a food processor. Cover and process until very smooth, stopping and scraping sides as necessary. With machine running, add 1 Tbsp. of the oil until emulsified, 15 to 20 seconds. Chill, if you like (note, *above*). (If using labneh, stir oil into labneh.)

2. In a 10-inch skillet heat remaining 1 Tbsp. oil over medium-high until shimmering. Add tomatoes and cook, without stirring, 2 minutes. Stir tomatoes, or shake skillet; cook until tomatoes start to shrivel and burst, about 1 minute more. Reduce heat to medium. Add shallot and garlic; cook until aromatic but not brown, 30 seconds. Remove from heat; add vinegar, honey, pepper, and salt. (Depending on the tomatoes, you may want more vinegar for acidity or more honey for sweetness.) Gently stir in mint. If you like, cool slightly.

3. Spread cheese or labneh in a shallow plate; top with tomatoes and their juices. If you like, top with additional oil, honey, and/or mint. Sprinkle with crushed red pepper. Serve with chips, bread, and/or crackers. **Makes 32 servings** (2 Tbsp. each).

PER SERVING *68 cal., 3 g fat (1 g sat. fat), 2 mg chol., 159 mg sodium, 8 g carb., 0 g fiber, 2 g sugars, 3 g pro.*

PLANT power



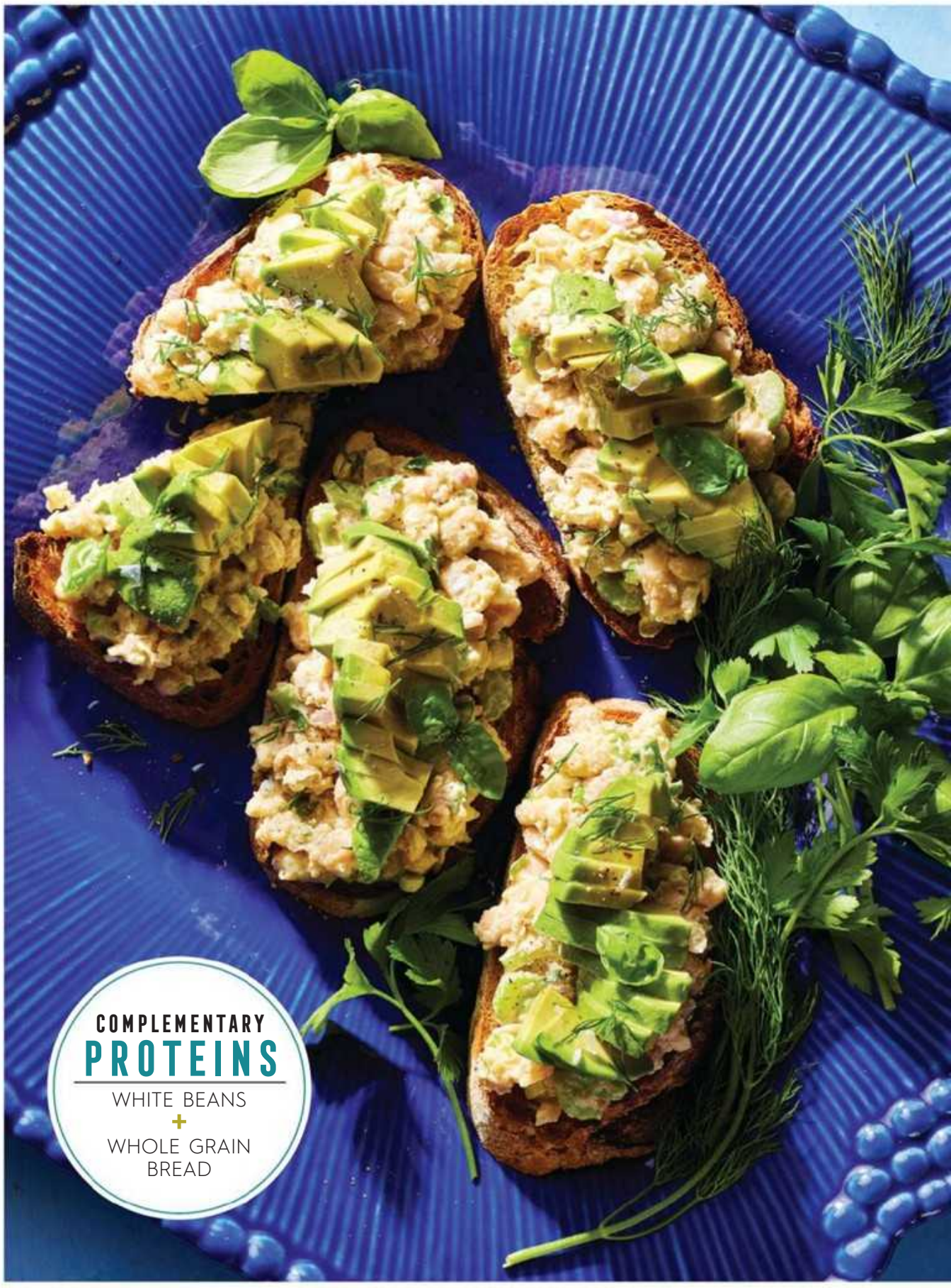
YOU DON'T HAVE TO EAT MEAT TO GET ENOUGH PROTEIN. PLENTY OF PLANTS CONTAIN THIS POWERHOUSE NUTRIENT. HARNESS THE GOODNESS OF VEGETABLES WITH THESE RECIPES.

Spinach Lentil Soup

START TO FINISH 20 minutes

- 1 Tbsp. olive oil
- 1 cup chopped onion
- 4 cloves garlic, minced
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. ground sumac
- ¼ tsp. salt
- ¼ tsp. crushed red pepper
- 6 cups reduced-sodium vegetable broth
- 4 cups fresh spinach, chopped
- 2 8- to 10-oz. pkg. cooked lentils (2 cups)
- ¼ cup fresh lemon juice
- 2 slices crusty whole grain bread, toasted and halved
- 2 Tbsp. tahini
- ½ cup quartered cherry tomatoes

1. In a 4- to 6-qt. pot heat oil over medium-high. Add onion. Cook and stir until onion is translucent, 5 minutes. Add next six ingredients (through crushed red pepper). Cook and stir 30 seconds.
2. Add vegetable broth, spinach, lentils, and lemon juice. Bring to boiling; reduce heat. Simmer, covered, until spinach wilts, 5 minutes.
3. Meanwhile, spread bread slices with tahini; top with cherry tomatoes and sprinkle with additional sumac. Serve soup with bread slices. **Makes 4 servings** (2 cups each).
PER SERVING *335 cal., 9 g fat (1 g sat. fat), 0 mg chol., 744 mg sodium, 50 g carb., 14 g fiber, 8 g sugars, 16 g pro.*



Smashed White Bean Salad on Toast

START TO FINISH 20 minutes

- 3 Tbsp. tahini
- 2 Tbsp. olive oil
- 2 Tbsp. red wine vinegar or fresh lemon juice
- 1 Tbsp. Dijon mustard
- 1 clove garlic, minced
- ½ tsp. black pepper
- ¼ tsp. salt
- 2 15-oz. cans white beans (such as Great Northern), rinsed and drained
- ½ cup thinly sliced celery
- 2 Tbsp. finely chopped shallot
- 2 Tbsp. chopped fresh parsley, basil, or dill or 1 tsp. dried parsley, basil, or dill
- 4 slices rustic whole grain bread, toasted if you like
- 1 medium avocado, halved, seeded, peeled, and chopped

In a medium bowl whisk together first seven ingredients (through salt). Add white beans and mash until desired consistency. Stir in celery, shallot, and parsley. Spread on bread slices. Top with avocado. **Makes 4 servings** (1 toast each).
PER SERVING *425 cal., 20 g fat (3 g sat. fat), 0 mg chol., 949 mg sodium, 55 g carb., 15 g fiber, 5 g sugars, 18 g pro.*

PROTEINS

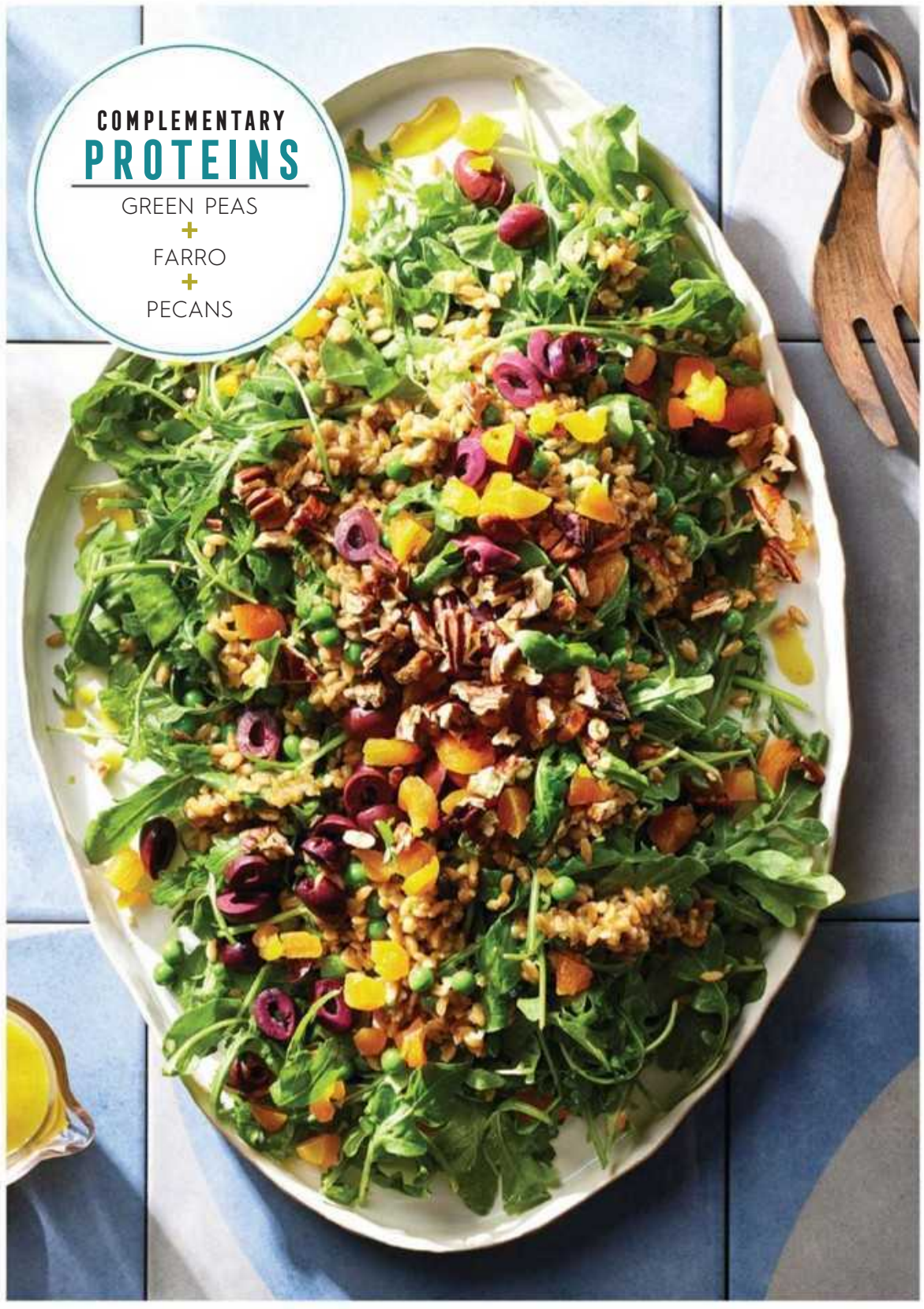
Complete, Incomplete & Complementary

What's a Complete Protein?

A food that contains all nine of the essential amino acids is considered a complete protein. Animal sources (meat, eggs, and dairy) provide high amounts of those nine amino acids and are considered "complete proteins" as well as some plant sources (hemp seeds, chia seeds, soy, quinoa, nutritional yeast, spirulina, buckwheat, and amaranth).

Incomplete and Complementary Proteins

Plants are considered incomplete because they lack at least one amino acid. But you can pair two or more different plant sources that have complementary amino acids to get a complete protein. Rice and black beans are incomplete alone, but together they form a complete protein. You don't have to eat these plant pairs at the same time, though researchers recommend you eat them within the same day.



Farro Pea Salad

START TO FINISH 15 minutes

- **1 small orange, zested and juiced (1 tsp. zest plus ¼ cup juice)**
- **2 Tbsp. white balsamic or white wine vinegar**
- **1 Tbsp. honey**
- **2 tsp. Dijon mustard**
- **¼ tsp. salt**
- **¼ tsp. ground coriander**
- **¼ tsp. black pepper**
- **⅓ cup olive oil**
- **6 cups arugula and/or watercress (6 oz.)**
- **1½ cups cooked farro (tip, *p. 63*)**
- **⅔ cup fresh or frozen shelled peas, blanched, drained, and cooled**
- **½ cup chopped dried apricots**
- **⅓ cup sliced pitted Kalamata olives**
- **¼ cup chopped toasted pecans**

1. For vinaigrette, in a blender combine the orange zest and juice and next six ingredients (through pepper). With blender running, slowly drizzle in oil until emulsified.
2. In a large bowl combine arugula, cooked farro, and peas. Drizzle with ⅓ cup of the vinaigrette; toss to coat. Top arugula mixture with apricots, olives, and pecans. Serve with remaining dressing.
Makes 4 servings (1½ cups each).
PER SERVING *432 cal., 27 g fat (3 g sat. fat), 0 mg chol., 440 mg sodium, 43 g carb., 6 g fiber, 18 g sugars, 7 g pro.*

COMPLETE
PROTEINS

SOY, BUCKWHEAT GROATS, QUINOA, AMARANTH, HEMP SEEDS, AND CHIA SEEDS ARE ALL COMPLETE PROTEINS.

Complete Protein Granola

HANDS ON 15 minutes
BAKE 25 minutes at 325°F

- **2 cups regular rolled oats**
- **¾ cup chopped almonds, walnuts, or pecans**
- **⅔ cup buckwheat groats**
- **⅔ cup quinoa* and/or amaranth**
- **¼ cup hemp and/or chia seeds**
- **½ cup maple syrup**
- **½ cup tahini or creamy almond butter**
- **1 Tbsp. vanilla**
- **½ tsp. salt**
- **1 cup dried fruit (such as tart red cherries, raisins, cranberries, or chopped apricots)**
- **Soy milk or desired plant milk**
- **Fresh fruit (such as berries, chopped apples, or sliced bananas)**

1. Preheat oven to 325°F. Line a large baking sheet with parchment paper.
2. In a large bowl combine first five ingredients (through hemp seeds).
3. In a medium bowl whisk together maple syrup, tahini, vanilla, and salt. Pour over oats mixture; toss to combine. Spread evenly on prepared baking sheet.
4. Bake, stirring halfway through baking, until golden brown, 25 to 30 minutes. Stir in dried fruit. Cool completely on baking sheet.
5. Store in an airtight container at room temperature up to 2 weeks. Serve with soy milk and fresh fruit. **Makes 8 servings** (¾ to 1 cup granola + milk + fruit each).
***TIP** When using uncooked quinoa, opt for one that says "prerinsed" on the package.
PER SERVING *534 cal., 19 g fat (2 g sat. fat), 0 mg chol., 200 mg sodium, 74 g carb., 5 g fiber, 29 g sugars, 17 g pro.*

Winter Wheat Berries and Black-Eyed Peas in Garlic 'Cream' Sauce

START TO FINISH 30 minutes

- ½ cup roasted, unsalted cashews
- 2 Tbsp. olive oil
- 2 8-oz. pkg. sliced mushrooms
- ¾ tsp. salt, divided
- 4 cups pkg. shredded cabbage
- 2 tsp. finely chopped fresh thyme or ¼ tsp. dried thyme
- ¾ cup water
- 1 Tbsp. fresh lemon juice
- 3 cloves garlic
- 3¼ cups cooked wheat berries*
- ¾ cup canned black-eyed peas, rinsed and drained
- Lemon wedges (optional)

1. In a small heatproof bowl combine cashews and enough boiling water to cover. Let stand 15 minutes.
2. Meanwhile, in a 10-inch skillet heat oil over medium-high. Add mushrooms and ½ tsp. of the salt. Cook until water is released and mushrooms are golden brown, about 8 minutes. Add cabbage and thyme; cook until cabbage is tender and starting to brown, 5 minutes more. Remove from skillet; keep warm.
3. Drain cashews. In a blender combine cashews, remaining ¼ tsp. salt, the ¾ cup water, lemon juice, and garlic. Blend until very smooth, about 2 minutes.
4. In same skillet combine cashew mixture, cooked wheat berries, and black-eyed peas. Bring to a simmer over medium. Cook and stir until thickened, about 2 minutes. If necessary, add additional water to reach desired consistency.
5. To serve, top wheat berry mixture with mushroom mixture and additional fresh thyme. If you like, serve with lemon wedges.
Makes 4 servings (1¾ cups each).
***TIP** Cook 1¼ cups wheat berries according to package directions. Drain and cool. Store in an airtight container and chill up to 5 days.
PER SERVING *440 cal., 17 g fat (3 g sat. fat), 0 mg chol., 545 mg sodium, 61 g carb., 13 g fiber, 7 g sugars, 18 g pro.*

COMPLEMENTARY
PROTEINS
CHICKPEAS
+
BULGUR

Sweet Potato Bulgur Grain Bowl

HANDS ON 15 minutes
ROAST 15 minutes at 450°F

- 1 large sweet potato, peeled and cut in ½-inch cubes (2 cups)
- 2 Tbsp. olive oil, divided
- 1 cup bulgur
- 2 cups chopped fresh kale
- ¾ cup canned chickpeas, rinsed and drained
- ¼ cup chopped fresh parsley or 1 Tbsp. dried parsley
- ¼ cup chopped fresh basil, dill, and/or cilantro or 1 Tbsp. dried basil, dill, and/or cilantro
- 1 Tbsp. fresh lemon juice
- ¾ cup hummus
- ½ tsp. paprika
- ½ cup green goddess salad dressing
- ¼ cup Pickled Red Onion*

1. Preheat oven to 450°F. Line a baking sheet with foil. Add sweet potato cubes and 1 Tbsp. of the oil; toss to coat. Roast until golden brown and tender, 15 minutes.
2. Meanwhile, in a medium saucepan bring 2 cups *water* to boiling. Add bulgur; reduce heat. Simmer, covered, until bulgur is tender, 15 minutes. Drain, if necessary. Stir in the next five ingredients (through lemon juice) and remaining 1 Tbsp. oil until combined. If you like, mash chickpeas slightly.
3. In a food processor combine hummus, ½ cup of the roasted sweet potatoes, and paprika. Cover and process until smooth.
4. Divide hummus mixture among four bowls, spreading on base of the bowl. Top with bulgur mixture and remaining sweet potatoes. Drizzle with green goddess dressing. Top with Pickled Red Onion.
Makes 4 servings (1½ cups each).
***PICKLED RED ONION** In a medium bowl combine ½ cup red wine vinegar, 1 Tbsp. sugar, and ¼ tsp. salt, stirring until sugar is dissolved. Stir in 1 cup halved and thinly sliced red onion. Cover and let stand at room temperature 1½ hours or chill up to 3 days, stirring occasionally. Drain before using. Makes ¾ cup.
PER SERVING *534 cal., 26 g fat (4 g sat. fat), 12 mg chol., 546 mg sodium, 63 g carb., 13 g fiber, 7 g sugars, 13 g pro.*

fast food

TOASTING SESAME SEEDS

*Place **sesame seeds** in a 6-inch skillet; cook over medium, stirring frequently, until golden and fragrant, 2 to 3 minutes.*

CRAVING COMFORTING MEDITERRANEAN FOOD MADE FAST? COMING RIGHT UP! THESE GOOD-FOR-YOU SPINS ON CLASSICS—FALAFELS, KOFTAS, GYROS, AND MORE—COME TOGETHER QUICKLY FOR SIMPLE, HANDHELD DINNERS.

Falafel with Roasted Peppers and Tzatziki

HANDS ON 20 minutes **AIR-FRY** 10 minutes at 400°F

- **1 medium bell pepper, any color, cut in strips (1 cup)**
- **1 tsp. plus 2 Tbsp. olive oil, divided**
- **1 15- to 16-oz. can no-salt-added chickpeas, rinsed and drained**
- **¼ cup chopped fresh flat-leaf parsley, cilantro, and/or dill**
- **2 Tbsp. all-purpose flour**
- **3 cloves garlic, chopped**
- **1 tsp. ground coriander**
- **½ tsp. baking powder**
- **½ tsp. ground cumin**
- **¼ tsp. freshly ground black pepper**
- **½ tsp. salt, divided**
- **2 Tbsp. toasted sesame seeds (tip, *opposite*)**
- **Nonstick cooking spray**
- **¼ cup finely chopped shallot or onion**
- **1½ cups couscous**
- **1½ cups reduced-sodium chicken broth**
- **¼ cup chopped fresh flat-leaf parsley and/or cilantro**
- **3 Tbsp. fresh lemon juice**
- **Tzatziki Sauce (recipe, *p. 44*)**
- **Sliced roma tomatoes**
- **Lemon wedges (optional)**

1. Preheat air fryer to 400°F. In a medium bowl, toss bell pepper with 1 tsp. of the oil. Place peppers in air-fryer basket. Cook, shaking basket halfway through, until soft and starting to char, 6 minutes.

2. In a food processor combine roasted bell pepper, 1 Tbsp. of the oil, and next eight ingredients (through black pepper) and ¼ tsp. of the salt. Cover and process, pulsing until everything is well-blended, finely chopped, and holds together (there will be some small visible pieces of chickpeas). Add sesame seeds and pulse just to combine. Form into 12 small patties (about 1½ inches in diameter). Coat falafel with cooking spray.

3. Arrange falafel in a single layer in air-fryer basket. Cook, turning once halfway through, until patties are a deep golden brown, 10 minutes.

4. Meanwhile, for couscous, in a small saucepan heat remaining 1 Tbsp. oil over medium. Add shallot; cook and stir until translucent, about 3 minutes. Add couscous and cook, stirring constantly, 1 minute. Add chicken broth and remaining ¼ tsp. salt; bring just to boiling. Remove from heat. Cover and let stand until couscous has absorbed all the liquid, 5 to 10 minutes. Fluff with a fork and stir in ¼ cup parsley and lemon juice.

5. Serve falafel with couscous, Tzatziki Sauce, tomatoes, additional herbs, and lemon wedges (if using). **Makes 4 servings** (3 falafel each).

PER SERVING *354 cal., 13 g fat (3 g sat. fat), 8 mg chol., 283 mg sodium, 48 g carb., 7 g fiber, 3 g sugars, 11 g pro.*

Pack for Lunch

Prepare burgers and salad as directed. Cover and refrigerate burger and salad in separate containers. If you like, heat burgers before eating.

WATERMELON-FETA SALAD

In a small bowl combine 1 cup chopped ***seedless watermelon,*** *¼ cup crumbled* ***feta cheese*** *(1 oz.), 2 Tbsp. finely* ***chopped red onion,*** *1 Tbsp. chopped* ***fresh mint,*** *1 Tbsp.* ***fresh lemon juice,*** *and 1 tsp.* ***olive oil.*** *Serve immediately.* ***Makes about 1⅓ cups.***

Mini Gyro Burgers with Watermelon-Feta Salad

PREP 20 minutes **BROIL** 6 minutes

- **12 oz. ground turkey breast**
- **4 oz. extra-lean ground lamb or beef**
- **¼ cup chopped fresh mint**
- **½ tsp. dried oregano, crushed**
- **2 Tbsp. finely chopped red onion**
- **½ tsp. salt**
- **¼ tsp. black pepper**
- **4 whole wheat or plain pita bread rounds**
- **Bibb lettuce (optional)**
- **1 recipe Watermelon-Feta Salad (*left*)**

Preheat broiler. In a medium bowl combine first seven ingredients (through pepper). Shape into eight ½-inch-thick patties; place on a foil-lined baking sheet. Broil 4 inches from heat, turning once, until done (165°F), 6 to 9 minutes. Place lettuce (if using) and 2 patties on each pita; top with Watermelon-Feta Salad and, if you like, additional mint. **Makes 4 servings** (1 sandwich each).

PER SERVING *372 cal., 10 g fat (4 g sat. fat), 59 mg chol., 610 mg sodium, 41 g carb., 4 g fiber, 5 g sugars, 32 g pro.*

Cheese Bourekas

HANDS ON 10 minutes
CHILL 10 minutes
AIR-FRY 8 minutes at 375°F

- **1½ cups chopped fresh spinach**
- **Nonstick cooking spray**
- **1 egg, lightly beaten, divided**
- **⅓ cup ricotta cheese**
- **⅓ cup crumbled feta cheese (1½ oz.)**
- **2 Tbsp. chopped toasted almonds**
- **1 Tbsp. finely chopped pitted Kalamata olives**
- **1 clove garlic, minced**
- **½ tsp. lemon zest**
- **½ of a 17.3-oz. pkg. frozen puff pastry sheets (1 sheet), thawed**
- **½ tsp. poppy seeds**

1. In a 10-inch skillet heat spinach over medium, covered, until it wilts. Transfer to a colander and press with a rubber spatula to remove as much liquid as possible.
2. Coat an air-fryer basket with cooking spray. Preheat air fryer to 375°F. For filling, in a medium bowl stir together the spinach, half of the egg (about 2 Tbsp.), and the next six ingredients (through lemon zest). Line a baking sheet with parchment paper.
3. Unfold puff pastry sheet. Cut sheet into 6 rectangles. Brush edges of rectangles with water. Spoon 2 Tbsp. filling in the center of each rectangle. Fold pastry in half over filling. Seal edges with the tines of a fork. Prick tops of each with the fork. Brush pastry with remaining egg. Sprinkle with poppy seeds. Place on prepared baking sheet. Chill until firm enough to handle, 10 to 15 minutes.
4. Add filled pastries to air-fryer basket. Cook 5 minutes. Turn; cook until golden and puffed, 3 to 5 minutes more. Remove from fryer and cool. **Makes 6 bourekas.**
PER BOUREKA *238 cal., 16 g fat (7 g sat. fat), 42 mg chol., 303 mg sodium, 18 g carb., 2 g fiber, 1 g sugars, 8 g pro.*

Boureka

These popular Middle Eastern hand pies, stuffed with a variety of fillings, are typically wrapped in flaky puff pastry or phyllo dough. We used ricotta and feta cheeses, almonds, and briny Kalamata olives for the filling.

Shortcut Shawarma

START TO FINISH 25 minutes

- ½ cup plain fat-free Greek yogurt
- 1 Tbsp. tahini
- 1 Tbsp. vegetable oil
- ¾ cup thinly sliced onion
- 2 cloves garlic, minced
- 1 tsp. Shawarma Spice Blend (recipe, *p. 14*) or Shawarma seasoning
- 2 cups shredded cooked chicken, turkey, or lean beef
- 2 Tbsp. fresh lemon juice
- 2 whole wheat pita bread rounds, halved crosswise
- 1 cup thinly sliced tomato
- Leaf lettuce
- Avocado, halved, seeded, peeled, and thinly sliced (optional)

1. For sauce, in a small bowl stir together yogurt and tahini until combined.

2. In a 10-inch skillet heat oil over medium-high. Add onion; cook until just tender, 3 to 4 minutes. Add garlic and Shawarma Spice Blend; cook until fragrant, about 1 minute. Add meat; cook, stirring often, until meat is heated through. Stir in lemon juice.

3. Spoon meat mixture into pita halves. Add tomato slices, lettuce, and avocado slices (if using). Serve with sauce.

Makes 4 servings (1 stuffed pita half each).
PER SERVING *367 cal., 17 g fat (5 g sat. fat), 80 mg chol., 393 mg sodium, 23 g carb., 3 g fiber, 3 g sugars, 32 g pro.*

Kofta with Honey Tahini

HANDS ON 25 minutes
AIR-FRY 18 minutes at 350°F

- 1 cup chopped onion, divided
- ½ cup chopped pitted dates
- ¼ cup chopped fresh flat-leaf parsley and/or cilantro
- 2 cloves garlic, minced
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. black pepper
- ¼ tsp. ground allspice
- ¼ tsp. ground cinnamon
- ⅛ tsp. cayenne pepper (optional)
- 1 lb. lean ground beef and/or ground lamb (tip, *right*)
- 1 pint cherry tomatoes
- ¼ cup tahini
- 2 Tbsp. honey
- 1 to 2 tsp. fresh lemon juice
- 6 whole wheat pita bread rounds
- 1 cup thinly sliced cucumber
- Lemon wedges (optional)

1. Preheat air fryer to 350°F.
2. In a food processor combine ½ cup of the onion, the next nine ingredients (through cinnamon) and cayenne (if using). Cover and pulse until finely chopped. Add beef; process just until combined. Form into 18 small oval patties.
3. Arrange kofta patties in a single layer in air-fryer basket. Cook, turning once halfway through, until done (160°F), 9 minutes. Remove koftas from basket.
4. Add tomatoes and remaining ½ cup onion to basket. Cook, stirring once halfway through, until tender, 9 minutes.
5. Meanwhile, for honey tahini, in a small bowl whisk together tahini, honey, and 1 tsp. lemon juice. Add additional lemon juice to thin, if needed.
6. Spread about 1 Tbsp. honey tahini on each pita. Serve koftas on pitas with tomato-onion mixture and cucumber. Serve with lemon wedges, if using. **Makes 6 servings.**

PER SERVING *438 cal., 13 g fat (3 g sat. fat), 48 mg chol., 517 mg sodium, 60 g carb., 7 g fiber, 17 g sugars, 25 g pro.*

Kofta

Also called kafta, this dish is typically made of ground meat seasoned with garlic, herbs, and warming spices, but it has many variations across the Middle East. We recommend using ½ lb. lean ground beef and ½ lb. ground lamb.

Sealed Up

Don't worry if your parchment packets don't look perfect. As long as they are tightly sealed, that's all that matters.

COOKING EN PAPILLOTE (FRENCH FOR BAKING IN A POCKET OF PAPER) STEAMS AND INFUSES ALL THE INGREDIENTS INSIDE WITH RICH, SAVORY FLAVORS. WHEN THE MEAL IS DONE, TOSS THE PARCHMENT FOR THE QUICKEST CLEANUP EVER.

PACK IT IN

Rosemary-Maple Glazed Chicken

HANDS ON 10 minutes **BAKE** 15 minutes at 400°F

- **4 4- to 6-oz. skinless, boneless chicken breasts**
- **3 Tbsp. maple syrup**
- **2 Tbsp. olive oil**
- **1 Tbsp. reduced-sodium soy sauce**
- **1 Tbsp. Dijon mustard**
- **1 tsp. chopped fresh rosemary or ¼ tsp. dried rosemary, crushed**
- **1 cup frozen peeled fava beans, thawed**
- **1 cup thinly sliced carrots**
- **¼ tsp. black pepper**
- **⅛ tsp. salt**

1. Preheat oven to 400°F. Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to ½ inch thick.
2. In a medium bowl whisk together the next five ingredients (through rosemary). Add chicken; toss to coat.
3. Tear off four 15-inch square pieces of parchment paper. Fold in half like a book and make a crease. For each packet, open paper up; set a piece of chicken near crease on one side. Add fava beans and carrots around chicken. Drizzle with any remaining sauce mixture in bowl. Sprinkle with pepper and salt.
4. Fold parchment over chicken and fold open edges of parchment several times to seal. Place packets in a large shallow baking pan. Bake until chicken is done (165°F), about 15 minutes. (Check doneness by carefully opening one packet; insert a thermometer into chicken. If not done, seal packet and continue baking in 5-minute increments.) **Makes 4 servings** (1 chicken breast + ½ cup vegetables each).
PER SERVING *301 cal., 10 g fat (2 g sat. fat), 83 mg chol., 382 mg sodium, 22 g carb., 3 g fiber, 11 g sugars, 29 g pro.*

Oh So Steamy!

Keep in mind that these packets contain hot steam, so be careful when opening them.

Peach and Pepper Spicy Honey Halibut

HANDS ON 15 minutes **BAKE** 12 minutes at 425°F

- **2 Tbsp. honey**
- **1 Tbsp. white wine vinegar or cider vinegar**
- **1 tsp. Dijon mustard**
- **2 cloves garlic, minced**
- **1 tsp. Aleppo pepper or ¼ tsp. crushed red pepper**
- **4 4- to 6-oz. fresh or frozen skinless halibut fillets, thawed if frozen**
- **1¼ cups thinly sliced bell pepper (any color)**
- **1 cup sliced fresh peach or 1 cup frozen peach slices, thawed**
- **½ tsp. salt**
- **¼ tsp. black pepper**

1. Preheat oven to 425°F. In a small bowl whisk together first five ingredients (through Aleppo pepper).

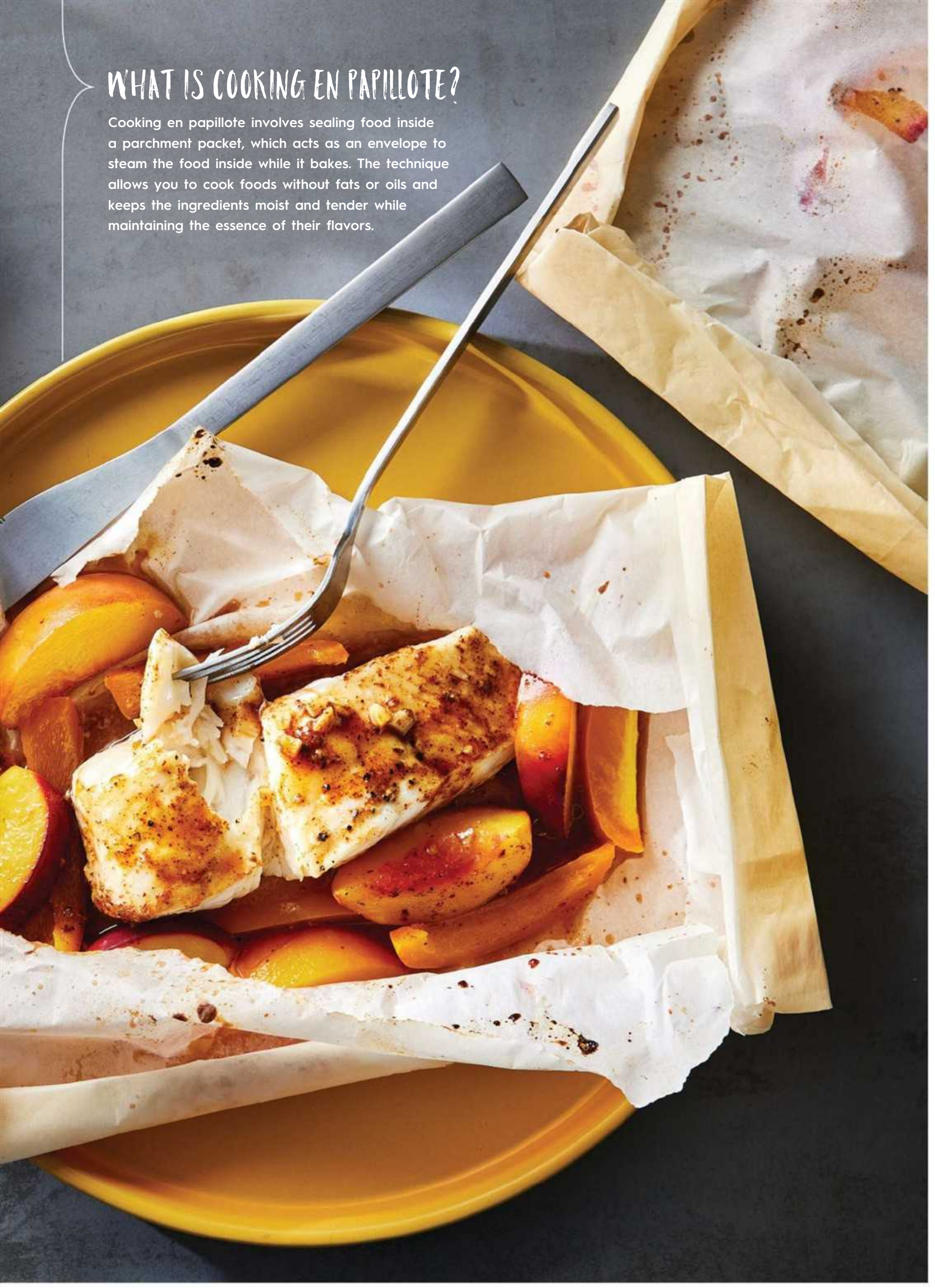
2. Tear off four 15-inch square pieces of parchment paper. Fold in half like a book and make a crease. For each packet, open paper up; set a piece of fish near crease on one side. Add bell pepper and peach slices around fish. Sprinkle evenly with salt and pepper. Drizzle each fish with 1 Tbsp. of the honey mixture.

3. Fold parchment over fish and fold open edges of parchment several times to seal. Place packets in a large shallow baking pan. Bake until fish flakes easily, 12 minutes. (Check doneness by carefully opening one packet; use a fork to check if fish flakes. If not done, seal packet and continue baking in 3-minute increments.) **Makes 4 servings** (1 fish fillet + ½ cup peppers and peaches each).

PER SERVING *162 cal., 2 g fat (0 g sat. fat), 56 mg chol., 399 mg sodium, 15 g carb., 1 g fiber, 13 g sugars, 22 g pro.*

WHAT IS COOKING EN PAPILLOTE?

Cooking en papillote involves sealing food inside a parchment packet, which acts as an envelope to steam the food inside while it bakes. The technique allows you to cook foods without fats or oils and keeps the ingredients moist and tender while maintaining the essence of their flavors.



ADD COUSCOUS TO YOUR PACKS

In a small saucepan bring 1½ cups ***water,*** *1 Tbsp.* ***olive oil,*** *and ¼ tsp.* ***salt*** *to boiling. Add 1 cup* ***whole wheat couscous.*** *Remove from heat. Cover and let stand 5 minutes. Fluff with a fork. When forming packets, divide couscous evenly among parchment sheets before layering with other ingredients. Bake as directed.*

Chicken Souvlaki en Papillote

HANDS ON 15 minutes
BAKE 20 minutes at 400°F

- **4 4- to 6-oz. skinless, boneless chicken thighs**
- **3 Tbsp. fresh lemon juice**
- **1 Tbsp. olive oil**
- **2 cloves garlic, minced**
- **1 tsp. Greek-Style Seasoning (recipe, *p. 14*) or ½ tsp. each dried oregano and dried rosemary, crushed**
- **¼ tsp. black pepper**
- **¾ cup canned chickpeas, rinsed and drained**
- **⅔ cup cherry tomatoes, halved**
- **¼ cup sliced pitted Kalamata or green olives**

1. Preheat oven to 400°F. Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to ½ inch thick.
2. In a medium bowl whisk together the next five ingredients (through pepper). Add chicken; toss to coat.
3. Tear off four 15-inch square pieces of parchment paper. Fold in half like a book and make a crease. For each packet, open paper up; set a piece of chicken near crease on one side. Add chickpeas around chicken. Top chicken with tomatoes and olives.
4. Fold parchment over chicken and fold open edges of parchment several times to seal. Place packets in a large shallow baking pan. Bake until chicken is done (175°F), about 20 minutes. (Check doneness by carefully opening one packet; insert a thermometer into chicken. If not done, seal packet and continue baking in 5-minute increments.) **Makes 4 servings** (1 chicken thigh + ½ cup chickpea mixture each).
PER SERVING *235 cal., 11 g fat (2 g sat. fat), 107 mg chol., 283 mg sodium, 9 g carb., 2 g fiber, 2 g sugars, 25 g pro.*

Lemon-Caper Salmon with Broccolini

HANDS ON 15 minutes **BAKE** 12 minutes at 425°F

- **2 medium lemons**
- **2 tsp. Dijon mustard**
- **1 Tbsp. chopped fresh dill or 1 tsp. dried dill**
- **4 4- to 6-oz. fresh or frozen skinless salmon fillets, 1¼ inch thick, thawed if frozen**
- **8 oz. Broccolini, trimmed to fit packet**
- **2 Tbsp. drained capers**
- **¼ tsp. black pepper**
- **⅛ tsp. salt**

1. Preheat oven to 425°F. Juice one of the lemons. Slice the remaining lemon. In a small bowl whisk together lemon juice, Dijon, and dill.
2. Tear off four 15-inch square pieces of parchment paper. Fold in half like a book and make a crease. For each packet, open paper up; set a piece of fish near crease on one side. Add Broccolini around fish. Sprinkle evenly with capers, pepper, and salt. Drizzle fish with the lemon mixture.
3. Fold parchment over fish and fold open edges of parchment several times to seal. Place packets in a large shallow baking pan. Bake until fish flakes easily, about 12 minutes. (Check doneness by carefully opening one packet; use a fork to check if fish flakes. If not done, seal packet and continue baking in 3-minute increments.) Serve with lemon slices. **Makes 4 servings** (1 salmon fillet + ½ cup Broccolini each).
PER SERVING *247 cal., 13 g fat (3 g sat. fat), 60 mg chol., 322 mg sodium, 6 g carb., 1 g fiber, 2 g sugars, 25 g pro.*

Vibrant Salads

THESE TOSS-TOGETHERS ARE THE FASTEST WAY TO LOAD UP ON FRESH FRUITS AND VEGGIES FOR YOUR 5-A-DAY. ADD A LEAN PROTEIN AND A TANGY DRESSING TO TIE IT ALL TOGETHER.

Spinach, Scallop, and Quinoa Salad with Orange-Poppy Seed Dressing

START TO FINISH 30 minutes

- **12 oz. fresh sea scallops**
- **2 Tbsp. vegetable oil**
- **4 cups fresh spinach**
- **1½ cups cooked quinoa (tip, *p. 63*)**
- **1 cup torn radicchio**
- **2 medium oranges, peeled, seeded, and sliced**
- **½ of a medium red onion, cut into slivers**
- **½ cup dried cranberries**
- **1 recipe Orange-Poppy Seed Dressing *(below)***

1. Pat scallops dry. In a 10-inch skillet heat oil over medium-high. Add scallops; cook, turning once halfway, until browned and opaque, about 4 minutes.

2. In a large bowl combine scallops and next six ingredients (through cranberries). Drizzle with Orange-Poppy Seed Dressing; toss to coat.

Makes 6 servings (1⅓ cups each).

PER SERVING *357 cal., 18 g fat (1 g sat. fat), 23 mg chol., 464 mg sodium, 36 g carb., 4 g fiber, 19 g sugars, 15 g pro.*

ORANGE-POPPY SEED DRESSING

*Remove 1½ tsp. zest from 1 medium **orange.** Peel, seed, and section orange, reserving juice. In a food processor or blender combine orange zest, sections, and juice; 3 Tbsp. **sherry vinegar** or **cider vinegar;** 2 Tbsp. **sugar;** 2 Tbsp. **Dijon mustard;** 1 Tbsp. finely chopped **onion;** and a dash **black pepper.** Cover and process until nearly smooth. With processor or blender running, slowly add ⅓ cup **olive** or **vegetable oil** in a steady stream until mixture is thickened. Transfer to a small bowl. Stir in 1 tsp. **poppy seeds.** Serve immediately or transfer to an airtight container and chill up to 1 week. Stir before using. **Makes about 1 cup.***

STEAK SEASONING

In a small bowl combine ¾ tsp. ***ground cumin,*** *½ tsp.* ***salt,*** *½ tsp.* ***crushed dried thyme,*** *and ½ tsp.* ***black pepper.***

AVOCADO-CHIMICHURRI DRESSING

Halve, seed, and peel 1 ***avocado.*** *Slice half of the avocado; cover and reserve for topping salad. In a blender combine remaining avocado half, ⅔ cup lightly packed* ***fresh cilantro leaves,*** *⅓ cup lightly packed* ***fresh parsley leaves,*** *⅓ cup* ***red wine vinegar,*** *⅓ cup* ***water,*** *¼ cup* ***olive oil,*** *1 Tbsp. fresh* ***oregano leaves,*** *2 cloves smashed* ***garlic,*** *and ¼ tsp.* ***salt.*** *Cover and blend until nearly smooth, scraping sides as needed. Stir in 2 Tbsp. finely chopped* ***shallot*** *and ¼ tsp.* ***crushed red pepper.*** *Serve immediately or cover and chill up to 8 hours.*

Grilled Steak with Mustard Greens Salad and Avocado-Chimichurri Dressing

HANDS ON 25 minutes
GRILL 13 minutes
STAND 10 minutes

- 2 Tbsp. olive oil, divided
- ½ cup chopped red onion
- 2 cloves garlic, minced
- 1 15-oz. can petite diced tomatoes, undrained
- 2 tsp. chili powder
- 1 tsp. paprika
- ¾ tsp. salt, divided
- 3 cups hot cooked brown rice (tip, *p. 63*)
- 1½ lb. beef flank steak
- 1 recipe Steak Seasoning *(above left)*
- 2 to 3 slices red onion, ¼ inch thick
- 1 bunch mustard greens, stemmed and torn (8 cups)
- 1 Tbsp. fresh lemon juice
- 1 cup multicolor cherry tomatoes, halved
- ½ of an avocado, pitted, peeled, and sliced
- 1 recipe Avocado-Chimichurri Dressing *(below)*

1. In a 12-inch skillet heat 1 Tbsp. oil over medium. Add chopped onion and garlic. Cook, stirring frequently, until tender, about 5 minutes. Stir in tomatoes, chili powder, paprika, and ½ tsp. of the salt; cook 2 minutes more. Remove from heat; stir in cooked brown rice. Cover and keep warm while preparing steak.
2. Season steak with Steak Seasoning. Secure onion slices with toothpicks for grilling. Grill steak and onion, covered, over medium-high 10 to 12 minutes for medium-rare (125°F) or 13 to 16 minutes for medium (145°F), and onion slices are lightly charred and tender, turning once halfway through grilling. Let stand 10 minutes. Thinly slice steak against the grain. Coarsely chop onion slices.
3. Meanwhile, in a large bowl combine greens, lemon juice, and remaining 1 Tbsp. oil and ¼ tsp. salt. Massage greens with your hands until beginning to soften, about 1 minute.
4. Top greens with rice mixture, steak, tomatoes, grilled onion, and avocado. Serve salad with Avocado-Chimichurri Dressing. **Makes 6 servings** (2 cups salad + 3 oz. steak each).
PER SERVING *497 cal., 25 g fat (5 g sat. fat), 70 mg chol., 805 mg sodium, 39 g carb., 8 g fiber, 6 g sugars, 31 g pro.*

Halibut Couscous Salad with Charred Green Onion Vinaigrette

START TO FINISH 30 minutes

- 1 cup whole wheat pearl couscous
- 4 4- to 6-oz. halibut or cod fillets, ¾ to 1 inch thick
- 2 whole green onions
- 4 Tbsp. olive oil, divided
- 2 tsp. dried fines herbes or Italian-Style Seasoning (recipe, *p. 14*)
- Salt and black pepper
- 1 tsp. lemon zest
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. honey
- 1 tsp. dried oregano, crushed
- 1 clove garlic, minced
- 4 cups baby arugula
- 1 to 2 watermelon radishes or 3 or 4 red radishes, thinly sliced
- Toasted baguette slices (optional)

1. Cook couscous according to package directions; drain well. Drizzle fish and green onions with 1½ tsp. of the oil and sprinkle with the fines herbes; rub in with fingers. Preheat grill pan over medium-high. Working in batches if needed, arrange fish and green onions in grill pan and cook until fish flakes easily and onions are lightly charred, 4 to 6 minutes per ½-inch thickness of fish and about 4 minutes for onions. Season fish to taste with salt and pepper. Finely chop green onions.

2. For vinaigrette, in a small bowl combine green onions and the next five ingredients (through garlic). Whisk in remaining 3½ Tbsp. oil.

3. In a large bowl combine arugula and radishes. Drizzle with half the vinaigrette; toss to coat.

4. Top arugula mixture with couscous and fish, and drizzle with remaining vinaigrette. If you like, serve with additional lemon and toasted baguette slices. **Makes 4 servings** (3½ oz. fish + 1 cup arugula mixture + 3 Tbsp. vinaigrette each).

PER SERVING *393 cal., 16 g fat (2 g sat. fat), 55 mg chol., 230 mg sodium, 35 g carb., 5 g fiber, 5 g sugars, 27 g pro.*

Horiatiki (Greek-Style Village Salad) with Chicken

START TO FINISH 15 minutes

- **8 oz. grape tomatoes, halved, or 3 medium roma tomatoes, chopped**
- **1 small cucumber, halved lengthwise and cut into ½-inch slices**
- **1 cup chopped green bell pepper**
- **½ cup thinly sliced red onion**
- **⅓ cup pitted Kalamata olives, halved**
- **2 oz. high-quality sheep's milk feta cheese, crumbled**
- **2 Tbsp. olive oil**
- **2 Tbsp. red wine vinegar**
- **½ tsp. dried oregano, crushed**
- **½ tsp. salt**
- **1 Tbsp. capers (optional)**
- **1 lb. cooked chicken breast, sliced**

In a large bowl place first five ingredients (through olives); toss to combine. Top tomato mixture with feta. Drizzle with oil and vinegar and sprinkle with oregano, salt, and capers (if using). Top salad with chicken to serve. **Makes 4 servings** (1⅓ cups salad + 4 oz. chicken each).

PER SERVING *338 cal., 17 g fat (4 g sat. fat), 109 mg chol., 665 mg sodium, 7 g carb., 2 g fiber, 4 g sugars, 38 g pro.*

Citrus and Jicama Salad with Shrimp

START TO FINISH 30 minutes

- ¼ cup fresh lime juice
- ¼ cup fresh orange juice
- 3 Tbsp. olive oil
- 1 Tbsp. finely chopped fresh flat-leaf parsley
- 1 Tbsp. minced shallot
- 1 Tbsp. honey
- ½ tsp. salt
- ½ tsp. black pepper
- 3 cups torn butterhead (Boston or Bibb) lettuce
- 2 cups chopped romaine lettuce
- 1 cup bite-size strips peeled jicama (note, *right*)
- 1 medium grapefruit, peeled and supremed (tip, *below*)
- 1 medium orange, peeled and supremed (tip, *below*)
- ½ cup thinly sliced red onion
- 24 oz. chilled cooked shrimp
- ⅓ to ½ cup roasted, salted pepitas (pumpkin seeds)
- ⅓ to ½ cup crumbled queso fresco, soft goat cheese (chèvre), or feta cheese

1. For vinaigrette, in a medium bowl whisk together first eight ingredients (through pepper).
2. In a large bowl, combine butterhead and romaine lettuces. Top lettuces with jicama, grapefruit, orange, red onion, and shrimp. Drizzle with half of the vinaigrette. Sprinkle with pepitas and cheese, and serve with remaining vinaigrette. **Makes 6 servings** (1⅓ cups + 4 oz. shrimp each).
PER SERVING *347 cal., 19 g fat (4 g sat. fat), 163 mg chol., 661 mg sodium, 22 g carb., 4 g fiber, 11 g sugars, 22 g pro.*

Jicama

The white-flesh tuberous root of jicama is both juicy and crunchy when served fresh. Regarded as a root vegetable, like potatoes and turnips, jicama is actually a member of the bean family. It can be found in the produce section of large, well-stocked supermarkets.

CITRUS SUPREMES

To section or supreme citrus, start by trimming the ends with a very sharp knife. Set one of the flat ends on a cutting board and remove the peel by following the curve of the fruit. Next, working from the outside toward the center, slice the fruit into sections, cutting as close to the membranes as you can and taking care to keep segments intact.

THESE HOMEMADE SAUCES COME TOGETHER QUICKLY AND ARE HANDY WHEN YOU NEED A FLAVORFUL DRIZZLE, DOLLOP, OR DIPPER FOR WHATEVER IS ON THE MENU.

Get Saucy

Romesco Sauce

In a food processor or blender combine 4 **medium roma tomatoes,** peeled, seeded, and cut up; 2 oz. **country-style bread,** toasted and torn into bite-size pieces; ⅔ cup chopped **bottled roasted red bell peppers;** ½ cup **blanched whole almonds,** toasted (tip, *p. 74*); ¼ cup **sherry vinegar** (or red wine vinegar); 1 Tbsp. chopped **fresh flat-leaf parsley;** 4 **cloves garlic,** peeled and smashed; 1 tsp. **smoked paprika;** ½ tsp. **ground ancho chile pepper;** and ⅛ tsp. **cayenne pepper.** Cover and pulse until evenly chopped. With processor or blender running, slowly add ¼ to ⅓ cup **olive oil** in a steady stream until mixture is finely chopped and combined. Season to taste with **salt.** Transfer sauce to an airtight container and chill up to 1 week. Let stand at room temperature 30 minutes before serving. **Makes 2 cups.**

PER 2 TBSP. *76 cal., 6 g fat (1 g sat. fat), 0 mg chol., 61 mg sodium, 5 g carb., 1 g fiber, 1 g sugars, 2 g pro.*

Basil Pesto

In a food processor combine 1½ cups firmly packed **fresh basil leaves;** ½ cup each **grated Parmesan cheese** (2 oz.) and toasted **pine nuts;** ⅓ cup **olive oil;** 2 to 4 **cloves garlic,** peeled and halved; and ¼ tsp. **salt.** Cover and process until nearly smooth, adding enough additional olive oil (about 2 Tbsp.) to reach desired consistency. Transfer pesto to an airtight container. Cover surface with plastic wrap; cover container. Chill pesto up to 3 days. **Makes about ⅔ cup.**

PER TBSP. *365 cal., 19 g fat (3 g sat. fat), 5 mg chol., 200 mg sodium, 40 g carb., 3 g fiber, 2 g sugars, 10 g pro.*

Tzatziki Sauce

In a small bowl combine one 5.3- to 7-oz. carton **plain low-fat yogurt;** 1 cup chopped **cucumber;** 2 tsp. chopped **fresh dill;** 2 **cloves garlic,** minced; 1 tsp. **fresh lemon juice;** and ¼ tsp. **salt.** Transfer sauce to an airtight container and chill up to 3 days. **Makes about ⅔ cup.**

PER 2 TBSP. *15 cal., 0 g fat, 1 mg chol., 65 mg sodium, 1 g carb., 0 g fiber, 1 g sugars, 2 g pro.*

Hot Hands

Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

Harissa Sauce

In a medium bowl combine 1 oz. **dried chile peppers** (New Mexico, Anaheim, and/or pasilla chile peppers), stemmed and seeded (tip, above *right*), and enough boiling water to cover. Let stand 20 minutes. Drain. Meanwhile, in a 6-inch dry skillet heat ½ tsp. each **caraway seeds, coriander seeds,** and **cumin seeds** over medium, shaking skillet occasionally, until toasted and fragrant, 1 to 2 minutes. Remove seeds from skillet; cool. Grind seeds in a spice grinder or place in a resealable plastic bag and crush with a rolling pin. In a food processor or blender combine drained chiles; ground seeds; ⅔ cup **bottled roasted red bell peppers,** drained; 2 Tbsp. **fresh lemon juice;** 5 **cloves garlic,** peeled; 1 tsp. **salt;** and ¼ to ½ tsp. **crushed red pepper.** Cover and pulse until smooth. Add 1 to 2 Tbsp. **water** as needed to reach desired consistency. **Makes 1 cup.**

PER TBSP. *33 cal., 3 g fat (0 g sat. fat), 0 mg chol., 98 mg sodium, 2 g carb., 1 g fiber, 0 g sugars, 0 g pro.*

Zhoug

In a blender or food processor combine 2 cups lightly packed **fresh cilantro leaves;** 1 cup lightly packed **fresh flat-leaf parsley leaves;** 1 to 2 **fresh jalapeño peppers,** halved and seeded (tip, *above*); 1 Tbsp. **fresh lemon juice;** 3 **cloves garlic,** minced; 1 tsp. **ground cumin;** and ½ tsp. each **salt** and **ground coriander.** Cover and blend or process until finely chopped, stopping to scrape sides as necessary. With blender or processor running, slowly add ½ cup **olive oil** in a steady stream until combined. Add 2 Tbsp. **roasted salted pepitas** (pumpkin seeds). Cover and blend or process until nearly smooth. Transfer sauce to an airtight container and chill up to 1 week. **Makes 1 cup.**

PER TBSP. *84 cal., 9 g fat (1 g sat. fat), 0 mg chol., 48 mg sodium, 1 g carb., 0 g fiber, 0 g sugars, 1 g pro.*

Chermoula Sauce

In a medium bowl combine ⅓ cup **fresh lemon juice;** 2 Tbsp. each finely chopped **fresh cilantro,** finely chopped **fresh flat-leaf parsley,** and **olive oil;** 3 **cloves garlic,** minced; 1 tsp. **paprika;** and ½ tsp. **salt.** Transfer sauce to an airtight container and chill up to 4 days. **Makes 1¼ cups.**

PER TBSP. *28 cal., 3 g fat (0 g sat. fat), 0 mg chol., 117 mg sodium, 1 g carb., 0 g fiber, 0 g sugars, 0 g pro.*

Tip-Top

If you have fresh green onion, parsley, oregano, or basil on hand, use it to finish off these bowls.

CHICKEN IS ON THE MENU TONIGHT! THESE FIVE MEDITERRANEAN-INSPIRED RECIPES GIVE IT THE FRESH AND HEALTHY UPGRADE IT DESERVES.

CHICKEN FIVE WAYS

Artichoke, Tomato, and Chicken Bowls

START TO FINISH 30 minutes

- **2 Tbsp. olive oil, divided**
- **4 skinless, boneless chicken breasts (about 1½ lb. total)**
- **Salt and black pepper**
- **2 pints cherry tomatoes**
- **1 6-oz. jar marinated artichoke hearts, drained**
- **½ cup Greek vinaigrette, divided**
- **2 cups hot cooked brown rice or whole grain rice blend (tip, *p. 63*)**

1. Preheat oven to 400°F. In a 10-inch oven-going skillet heat 1 Tbsp. of the oil over medium-high. Season chicken with salt and pepper. Add chicken to skillet. Cook until browned on bottom, 4 minutes. Turn chicken; transfer skillet to oven. Bake until chicken is done (165°F), about 6 minutes. Slice chicken.

2. Meanwhile, in a 10-inch nonstick skillet heat remaining 1 Tbsp. oil over medium-high. Add tomatoes; cook until they begin to char and release their juices, about 5 minutes. Remove from heat; stir in the artichoke hearts and ¼ cup of the vinaigrette.

3. Divide rice, chicken, and tomato mixture among four bowls. Drizzle with remaining vinaigrette. **Makes 4 servings** (½ cup rice + 1 chicken breast + ¾ cup vegetables each).

PER SERVING *559 cal., 27 g fat (4 g sat. fat), 124 mg chol., 396 mg sodium, 34 g carb., 5 g fiber, 5 g sugars, 44 g pro.*

Lemon Roasted Chicken Thighs with Feta

HANDS ON 10 minutes
ROAST 20 minutes at 450°F

- **1 lb. skinless, boneless chicken thighs**
- **2 Tbsp. olive oil, divided**
- **1 Tbsp. Greek-Style Seasoning (*p. 14*), or purchased salt-free Greek seasoning, divided**
- **2 cups sliced zucchini**
- **2 cups sliced yellow summer squash**
- **¾ cup pitted Kalamata and/or green olives**
- **1 medium lemon, halved**
- **½ cup crumbled feta cheese (2 oz.)**
- **Fresh oregano (optional)**
- **Toasted bread slices (optional)**

1. Preheat oven to 450°F. Pat chicken dry with paper towels. Coat chicken with 1 Tbsp. of the oil and season both sides with 2 tsp. of the Greek seasoning. Arrange chicken in a 15x10-inch baking pan.
2. In a large bowl combine zucchini, yellow squash, olives, and remaining 1 Tbsp. oil and 1 tsp. Greek seasoning; toss to coat. Place squash mixture in pan with chicken. Add lemon halves, cut sides up, to center of pan.
3. Roast until chicken is done (175°F) and squash is lightly browned, 20 to 25 minutes. Sprinkle with feta and oregano (if using). Serve with roasted lemon halves and bread (if using). **Makes 4 servings** (3 oz. chicken + 1¼ cups vegetables each).
PER SERVING *310 cal., 20 g fat (4 g sat. fat), 103 mg chol., 575 mg sodium, 7 g carb., 2 g fiber, 4 g sugars, 26 g pro.*

Chicken, Shrimp, and Couscous Skillet

HANDS ON 20 minutes **COOK** 10 minutes

- **10 oz. fresh or frozen medium shrimp**
- **1 Tbsp. olive oil**
- **1 cup chopped onion**
- **2 cloves garlic, minced**
- **1 14.5-oz. can no-salt-added diced tomatoes, undrained**
- **1 14.5-oz. can reduced-sodium chicken broth**
- **¾ tsp. smoked paprika**
- **Dash saffron threads**
- **¾ cup Israeli-style (large pearl) couscous**
- **3 cups shredded cooked chicken**
- **½ cup frozen peas**
- **¼ to ½ tsp. Aleppo or crushed red pepper**
- **Chopped fresh parsley**
- **Lemon wedges**

1. Thaw shrimp, if frozen. Peel and devein shrimp; pat dry with paper towels. In a 12-inch skillet heat oil over medium. Add onion and garlic to skillet. Cook, stirring occasionally, 5 minutes. Add tomatoes, broth, paprika, and saffron. Bring to boiling; stir in couscous. Reduce heat. Simmer, covered, 5 minutes.
2. Add shrimp, chicken, and peas to skillet; cover and cook until shrimp are opaque and couscous is tender, about 5 minutes more. Sprinkle with Aleppo pepper and parsley. Serve with lemon wedges. **Makes 4 servings** (1½ cups each).
PER SERVING *428 cal., 11 g fat (2 g sat. fat), 186 mg chol., 451 mg sodium, 35 g carb., 3 g fiber, 6 g sugars, 45 g pro.*

Saffron

Made from the handpicked stigmas of crocus flowers, saffron has been cultivated for thousands of years to use in spices, dye, and medicine. When used in cooking, it adds a golden hue and an earthy-sweet taste to dishes.

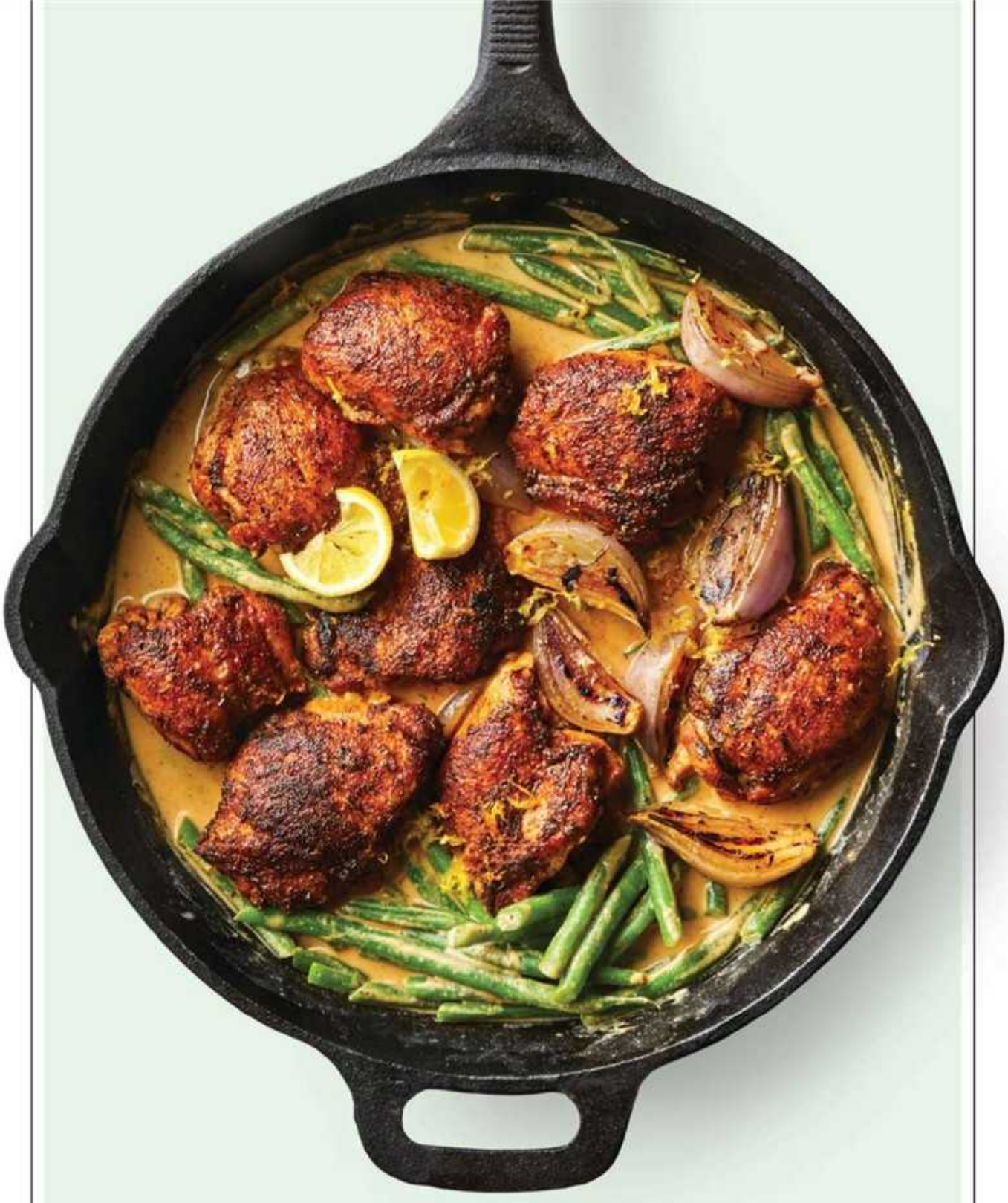
Basque Chicken

START TO FINISH 30 minutes

- 1¼ lb. skinless, boneless chicken thighs, cut into 2-inch pieces
- ½ tsp. salt, divided
- ¼ tsp. black pepper
- 1 Tbsp. olive oil
- 1 cup thinly sliced onion
- 1 red bell pepper, cut into ¼-inch-thick strips
- 2 cloves garlic, minced
- 12 oz. red potatoes, cut into ½-inch wedges and halved crosswise
- 1 14.5-oz. can diced tomatoes, drained
- 1 cup reduced-sodium chicken broth
- 1 tsp. chopped fresh thyme or ¼ tsp. dried thyme, crushed
- ½ tsp. dried savory, crushed
- ⅓ cup small pimiento-stuffed olives

1. Sprinkle chicken with ¼ tsp. of the salt and the black pepper. In a 5- to 6-qt. pot heat oil over medium-high. Add chicken; cook, turning to brown evenly, until lightly browned, about 4 minutes. **2.** Add onion and bell pepper to chicken in pot; cook until crisp-tender, 3 minutes. Add garlic; cook 30 seconds more. Add the next five ingredients (through savory) and the remaining ¼ tsp. salt. Bring to boiling; reduce heat. Simmer, covered, until chicken and potatoes are tender, about 20 minutes. Remove from heat. Stir in olives. If you like, sprinkle with additional fresh thyme. **Makes 6 servings** (1½ cups each).

PER SERVING *204 cal., 6 g fat (1 g sat. fat), 79 mg chol., 576 mg sodium, 16 g carb., 3 g fiber, 5 g sugars, 21 g pro.*



Skillet Chicken & Green Beans with Lemon-Tahini Sauce

START TO FINISH 30 minutes

- 8 skinless, boneless chicken thighs
- Salt and black pepper
- 1 Tbsp. ground cumin
- 2 tsp. dried thyme, crushed
- 2 tsp. paprika
- 2 Tbsp. olive oil
- 8 oz. fresh green beans, trimmed and halved
- 4 shallots, peeled and quartered
- ½ tsp. salt
- 1¼ cups reduced-sodium chicken broth, divided
- ⅓ cup tahini
- ¼ cup fresh lemon juice
- Lemon wedges and/or zest (optional)

1. Season chicken with salt and pepper. Sprinkle with cumin, thyme, and paprika; rub in with fingers. In a 12-inch skillet heat oil over medium-high. Add chicken. Cook chicken, turning once, until well browned, 5 to 7 minutes. Transfer to a plate. **2.** Return skillet to medium. Add beans, shallots, and ½ tsp. salt. Cook, stirring occasionally, until shallots are browned and beans soften, 3 minutes. Return chicken and any juices to skillet. Add 1 cup of the broth. Bring to boiling. Simmer, uncovered, until chicken is done (175°F), 6 to 8 minutes. **3.** Using a slotted spoon, transfer chicken and vegetables to a plate. Whisk tahini, remaining ¼ cup broth, and the lemon juice into liquid in skillet. Season with additional salt and pepper. Return chicken and vegetables to skillet; heat through. If you like, sprinkle with lemon zest and serve with lemon wedges. **Makes 4 servings** (2 chicken thighs + ½ cup vegetables + 3 Tbsp. sauce each).

PER SERVING *497 cal., 27 g fat (5 g sat. fat), 214 mg chol., 738 mg sodium, 15 g carb., 4 g fiber, 4 g sugars, 50 g pro.*

TOTABLE

SALMON SALAD BOX

LUNCHES

PLANNING AND PREPPING THESE LUNCHES (OR LIGHT DINNERS) IS THE SMARTEST WAY TO KEEP YOUR GOALS ON TRACK. FOR EASY STORAGE AND TRANSPORT, TUCK THE INGREDIENTS INTO BENTO BOXES TO KEEP ALL THE COMPONENTS NEAT AND TIDY.

Salmon Salad Box

START TO FINISH 15 minutes

- ¾ cup plain whole milk Greek yogurt
- ¼ cup finely chopped red onion
- 2 Tbsp. chopped fresh chives or sliced green onion
- 1 Tbsp. capers, drained (optional)
- 1 tsp. lemon zest
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. chopped fresh dill or ½ tsp. dried dill
- ¼ tsp. black pepper
- 2 4-oz. pkg. hot smoked salmon, skin removed and shredded, or two 5-oz. cans salmon, drained and flaked
- 4 oz. pkg. seeded crackers or crispbreads
- 5 miniature cucumbers, bias-sliced into 1-inch pieces
- 6 stalks celery, cut crosswise into 3-inch pieces

1. In a medium bowl combine the first eight ingredients (through pepper). Gently stir in salmon until just combined.
2. In four bento boxes divide salmon salad, crackers, cucumber, and celery among compartments. Chill up to 3 days. **Makes 4 servings.**
PER SERVING *282 cal., 9 g fat (2 g sat. fat), 19 mg chol., 719 mg sodium, 33 g carb., 3 g fiber, 8 g sugars, 19 g pro.*

Falafel Bowl

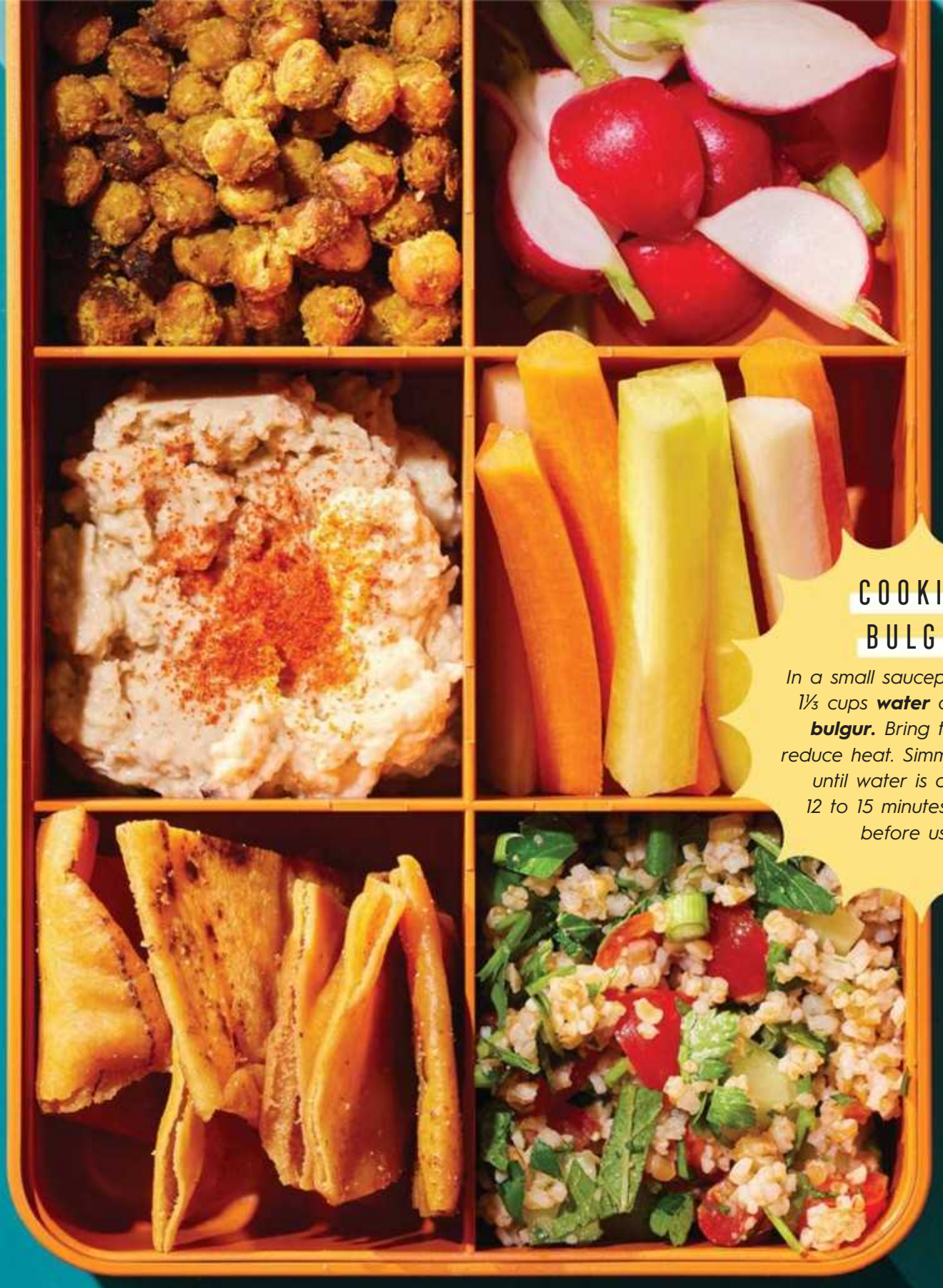
START TO FINISH 20 minutes

- 1 8- to 12-oz. pkg. frozen cooked falafel
- ½ cup purchased hummus
- 1 10- to 13-oz. Mediterranean salad kit
- ½ cup chopped fresh mint, parsley, and/or chives or ¼ cup chopped fresh dill
- ¼ to ⅓ cup sliced pitted black or Kalamata olives
- ½ cup Tzatziki Sauce (recipe, *p. 44*) or purchased tzatziki sauce
- Pita flatbread, warmed and torn (optional)

1. Prepare falafel according to package directions.
2. Dollop 2 Tbsp. hummus in each of four serving bowls. In a large bowl combine greens and dressing from salad kit and mint. Divide among bowls.
3. Top salads with cheese from the salad kit, olives, and falafel. Serve with tzatziki sauce and warm pita (if using). **Makes 4 servings.**
PER SERVING *399 cal., 25 g fat (4 g sat. fat), 6 mg chol., 736 mg sodium, 34 g carb., 8 g fiber, 9 g sugars, 11 g pro.*

To Meal Prep

Divide falafels among four airtight, microwave-safe containers. Divide dressing among four condiment containers. Divide hummus and tzatziki among four condiment containers. Divide lettuce, olives, salad kit toppings, and mint among four medium airtight containers. Assemble bowls in lettuce container. Reheat falafels in the microwave, about 2 minutes.



COOKING BULGUR

*In a small saucepan combine 1⅓ cups **water** and ⅔ cup **bulgur.** Bring to boiling; reduce heat. Simmer, covered, until water is absorbed, 12 to 15 minutes. Let cool before using.*

Mezze-Inspired Bento Box

HANDS ON 20 minutes **BAKE** 20 minutes at 425°F

- 1 tsp. lemon zest
- 2 Tbsp. tahini
- 1 tsp. Shawarma Spice Blend (recipe, *p. 14*) or purchased shawarma seasoning
- ½ tsp. salt, divided
- 1 15- to 16-oz. can no-salt-added chickpeas, rinsed, drained, and patted dry
- ⅔ cup bulgur, cooked (tip, *above*)
- 2 cups finely chopped fresh flat-leaf parsley
- 1 cup chopped English cucumber
- 1 cup chopped tomato
- ⅓ cup chopped fresh mint
- ¼ cup chopped green onions
- ¼ cup olive oil
- ¼ cup fresh lemon juice
- ¼ tsp. ground coriander
- ⅛ tsp. ground cinnamon
- 1 8- to 10-oz. container refrigerated baba ganoush
- 2 Greek pita flatbreads, torn into large pieces, or 1 cup pita chips
- 2 cups carrot sticks or baby carrots
- 8 radishes, quartered (1 cup)

1. Preheat oven to 425°F. Line a 15x10-inch baking pan with parchment paper. In a large bowl whisk together lemon zest, tahini, shawarma seasoning, and ¼ tsp. of the salt. Add chickpeas; toss until coated. Transfer chickpeas to prepared baking pan. Bake, stirring once, until brown and crisp, 20 to 25 minutes. Cool in pan on a wire rack.

2. Meanwhile, for tabbouleh, in a large bowl combine the next six ingredients (through green onions). For dressing, in a small bowl whisk together oil, lemon juice, remaining ¼ tsp. salt, coriander, and cinnamon. Add dressing to bulgur mixture; toss to coat.

3. In four bento boxes divide tabbouleh, baba ganoush, chickpeas, pitas, carrots, and radishes among compartments. Chill up to 3 days. **Makes 4 servings.**

PER SERVING *652 cal., 32 g fat (5 g sat. fat), 10 mg chol., 737 mg sodium, 75 g carb., 14 g fiber, 9 g sugars, 14 g pro.*

Bulgur-Cauliflower Bowls with Olive Dressing

START TO FINISH 25 minutes

- **2 cups boiling water**
- **1 cup bulgur**
- **2 cups chopped cauliflower**
- **½ cup pitted Kalamata and/or green olives, coarsely chopped**
- **3 Tbsp. fresh lemon juice**
- **3 Tbsp. olive oil**
- **1 small clove garlic, minced**
- **Black pepper**
- **4 cups torn greens, such as escarole, Belgian endive, and/or curly endive**
- **3 cups thinly sliced celery**
- **1 15-oz. can Great Northern or butter beans, rinsed and drained**
- **1 cup crumbled feta cheese (4 oz.)**

1. In a large heatproof bowl pour boiling water over bulgur. Let stand, covered, 15 minutes.
2. Meanwhile, place chopped cauliflower in a food processor. Cover and pulse three to five times or just until finely chopped*.
3. For dressing, in a small bowl combine olives, lemon juice, oil, and garlic. Season to taste with pepper.
4. Drain bulgur; return to large bowl. Stir in cauliflower. Divide greens among six serving bowls. Top with bulgur mixture, celery, beans, and cheese. Serve with dressing. **Makes 6 servings.**

***SHORTCUT** Omit this step and use packaged riced fresh cauliflower.
PER SERVING *314 cal., 16 g fat (5 g sat. fat), 22 mg chol., 458 mg sodium, 35 g carb., 9 g fiber, 3 g sugars, 11 g pro.*

To Meal Prep

Divide bulgur-cauliflower mixture, greens, celery, beans, and cheese among six medium airtight containers. Divide dressing among six condiment containers.

FARRO

Nutty and chewy, this Italian staple is high in protein and fiber and comes both pearled and semipearled. Pearling removes the bran layer, making it cook faster. Semipearled farro retains part of the nutrient-rich bran.

AS IT TURNS OUT, CARBS ARE ACTUALLY GOOD FOR YOU—WHEN THEY'RE THE FIBER-RICH WHOLE-GRAIN VARIETIES. THESE MAINS PAIR HEARTY PROTEINS WITH 5 DIFFERENT WHOLESOME GRAINS TO FILL YOU UP WITHOUT WEIGHING YOU DOWN.

mains + grains

Garlic-Lime Pork with Farro and Kale

START TO FINISH 20 minutes

- **3 Tbsp. fresh lime juice**
- **1 Tbsp. peanut butter or almond butter**
- **1½ tsp. honey**
- **¼ tsp. salt**
- **1 1-lb. pork tenderloin, trimmed and cut into 12 slices**
- **¼ tsp. black pepper**
- **Nonstick cooking spray**
- **2 tsp. olive oil, divided**
- **2 tsp. minced garlic**
- **1 cup cooked farro (tip, *p. 63*)**
- **8 oz. chopped fresh kale**
- **2 Tbsp. chopped toasted walnuts (optional)**
- **Fresh chopped cilantro (optional)**
- **Lime wedges (optional)**

1. In a small bowl whisk together lime juice, peanut butter, honey, and salt. Season pork with pepper.
2. Coat a 10-inch nonstick skillet with cooking spray. Add 1 tsp. of the oil to skillet. Heat skillet over medium-high. Add pork in a single layer; cook until browned, about 3 minutes. Turn pork; add remaining 1 tsp. oil and the garlic. Cook until meat is done (145°F), 2 to 3 minutes more. Remove pork from skillet; cover and keep warm.
3. Stir lime mixture into drippings in skillet. Add farro; cook and stir over medium until grains are separated. Add kale; cook and stir until mixture is heated through and kale is coated and beginning to soften. If you like, season with additional pepper.
4. Serve pork with farro mixture. If you like, serve with walnuts, cilantro, and lime wedges. **Makes 4 servings** (3 pork slices + ¾ cup farro mixture each).
PER SERVING *352 cal., 17 g fat (5 g sat. fat), 68 mg chol., 269 mg sodium, 21 g carb., 4 g fiber, 4 g sugars, 30 g pro.*

FREEKEH

The harvesting and processing of freekeh gives it a subtly smoky and earthy flavor. It's commonly labeled "cracked freekeh," which refers to a process of breaking it into smaller pieces so it cooks quickly. It's still considered a whole grain. If you can't find freekeh in stores, you can order it online.

Meatball Freekeh Salads

HANDS ON 15 minutes **COOK** 12 minutes at 425°F

- **1 lb. extra lean ground beef and/or lamb**
- **1 egg, lightly beaten**
- **¼ cup fresh mint leaves, finely chopped**
- **3 cloves garlic, grated**
- **1 tsp. ground cinnamon**
- **½ tsp. ground cumin**
- **½ tsp. ground allspice**
- **¼ tsp. black pepper**
- **½ tsp. salt, divided**
- **1 lb. asparagus, trimmed**
- **5 Tbsp. olive oil, divided**
- **2 Tbsp. tahini**
- **1 Tbsp. fresh lemon juice**
- **1 Tbsp. plain nonfat Greek yogurt**
- **4 cups torn red romaine leaves**
- **3 cups cooked cracked freekeh (tip, *p. 63*)**
- **Pomegranate molasses (optional)**
- **Toasted pine nuts or pistachios (optional)**
- **Pomegranate seeds**

1. Place one oven rack in upper third and one in bottom third of oven. Preheat oven to 425°F. Line two large baking sheets with parchment paper.

2. Meanwhile, in a medium bowl combine first eight ingredients (through pepper) and ¼ tsp. of the salt. Form mixture into 16 meatballs and arrange on one of the prepared baking sheets. Arrange asparagus on the other prepared baking sheet and drizzle with 1 Tbsp. of the oil. Season with additional salt and pepper.

3. Bake meatballs on top rack and asparagus on bottom rack until meatballs are browned and cooked through and the asparagus is tender, 12 to 15 minutes.

4. For dressing, in a medium bowl whisk together remaining ¼ cup oil, tahini, lemon juice, yogurt, and remaining ¼ tsp. salt.

5. To serve, top romaine with freekeh, meatballs, and asparagus. Drizzle with pomegranate molasses (if using) and dressing. Sprinkle with pine nuts (if using) and pomegranate seeds.

Makes 4 servings (4 meatballs + 1 cup lettuce + ¾ cup cooked freekeh + 4 oz. asparagus each).

PER SERVING *558 cal., 27 g fat (5 g sat. fat), 115 mg chol., 540 mg sodium, 43 g carb., 12 g fiber, 4 g sugars, 38 g pro.*

Spanish-Style Shrimp and Scallop Sauté

START TO FINISH 25 minutes

- **16 fresh or frozen medium shrimp (8 oz.)**
- **8 fresh or frozen sea scallops (8 oz.)**
- **1 Tbsp. all-purpose flour**
- **2 tsp. smoked paprika**
- **¼ tsp. sugar**
- **¼ tsp. black pepper**
- **⅛ to ¼ tsp. cayenne pepper**
- **½ tsp. salt, divided**
- **2 Tbsp. salted butter, divided**
- **6 cloves garlic, thinly sliced**
- **1 cup grape or cherry tomatoes, halved**
- **¼ cup reduced-sodium chicken broth**
- **3 Tbsp. dry vermouth or dry white wine**
- **1 Tbsp. fresh lemon juice**
- **3 Tbsp. finely chopped fresh flat-leaf parsley**
- **3 Tbsp. chopped fresh chives**
- **2 cups hot cooked brown rice (tip, *p. 63*)**

1. Thaw shrimp and scallops, if frozen. Peel and devein shrimp, leaving tails intact (if you like). Halve scallops horizontally. Pat shrimp and scallops dry with paper towels.
2. In a large resealable plastic bag combine the next five ingredients (through cayenne pepper) and ¼ tsp. of the salt. Seal bag; shake to combine. Add shrimp and scallops to bag. Seal bag; shake to coat shrimp and scallops.
3. In a 10-inch nonstick skillet melt 1 Tbsp. of the butter over medium-high. Add garlic and remaining ¼ tsp. salt; cook and stir 30 seconds. Add shrimp and scallops to skillet in an even layer; cook 2 minutes. Stir in tomatoes, broth, vermouth, and lemon juice. Cook, stirring occasionally, until shrimp and scallops are opaque, 2 to 3 minutes. Remove from heat; stir in remaining 1 Tbsp. butter, the parsley, and chives.
4. Serve seafood mixture with hot cooked brown rice. **Makes 4 servings** (1 cup seafood mixture + ½ cup rice each).
PER SERVING *300 cal., 8 g fat (4 g sat. fat), 115 mg chol., 693 mg sodium, 31 g carb., 3 g fiber, 2 g sugars, 22 g pro.*

BROWN RICE

This rice retains the bran around the rice kernel. Its longer cooking time pays off in more fiber.

BULGUR

This whole grain is the entire wheat kernel that's been cooked, dried, and chopped into a smaller size. It doesn't lose any fiber in the process. Its neutral flavor and quick cooking time make it an excellent whole grain for novice cooks.

Mediterranean-Twist Salmon

START TO FINISH 25 minutes

- **4 4-oz. fresh or frozen skinless salmon fillets**
- **½ tsp. salt, divided**
- **½ tsp. black pepper, divided**
- **2 tsp. plus 3 Tbsp. olive oil, divided**
- **2 cloves garlic, minced**
- **1 cup chopped tomato**
- **½ cup chopped fresh basil**
- **2 Tbsp. balsamic vinegar**
- **1 recipe Veggie Bulgur Salad (*below*)**

1. Thaw salmon, if frozen. Measure thickness of salmon. Sprinkle with ¼ tsp. each of the salt and pepper. In a 12-inch skillet heat 2 tsp. oil over medium. Add salmon; cook, turning once, until salmon flakes easily, 4 to 6 minutes per ½-inch thickness.

2. Meanwhile, for sauce, in a small saucepan heat 3 Tbsp. oil over medium. Add garlic; cook and stir until fragrant, 1 minute. Add tomato; cook, stirring occasionally, until heated through, 3 minutes. Add basil, vinegar, and remaining ¼ tsp. each salt and pepper. Cook and stir to allow flavors to blend, 2 minutes more. Serve salmon with Veggie Bulgur Salad and sauce. **Makes 4 servings** (1 salmon fillet + about 1 cup bulgur + 3 Tbsp. sauce each).

PER SERVING *446 cal., 27 g fat (4 g sat. fat), 62 mg chol., 505 mg sodium, 26 g carb., 5 g fiber, 6 g sugars, 27 g pro.*

VEGGIE BULGUR SALAD

*Heat 1 Tbsp. **olive oil** in a 10-inch skillet over medium. Stir in ½ cup finely chopped **onion;** cook and stir until onion is translucent, about 5 minutes. Transfer cooked onion to a large bowl. Stir in 1½ cups cooked **bulgur** (tip,* p. 63*), 1½ cups chopped **bell peppers,** 1 cup chopped **tomato,** ¾ cup chopped **cucumber,** ½ cup chopped **green onions,** ¼ cup each finely chopped fresh **flat-leaf parsley** and **mint,** ½ tsp. **crushed red pepper,** and ¼ tsp **salt.** Drizzle with 2 Tbsp. fresh **lemon juice** and 1 Tbsp. **olive oil.** Toss gently and serve immediately, or chill until serving.*

Copycat Sweetgreens Chicken Pesto Parm Bowls

HANDS ON 30 minutes **ROAST** 10 minutes at 450°F

- **2 Tbsp. olive oil, divided**
- **1 to 2 tsp. hot pepper sauce***
- **¼ tsp. crushed red pepper**
- **¼ tsp. salt**
- **3 cups broccoli florets**
- **4 4- to 6-oz. skinless, boneless chicken breasts**
- **⅓ cup purchased basil pesto**
- **1 Tbsp. red wine vinegar**
- **6 cups fresh baby spinach**
- **2 cups cooked quinoa (tip, *opposite*)**
- **1 cup halved cherry tomatoes**
- **¼ cup shaved Parmesan cheese**
- **1 recipe Za'atar Bread Crumbs (*below*)**

1. Preheat oven to 450°F. Line a large shallow baking pan with foil. In a large bowl whisk together 1 Tbsp. of the oil, hot pepper sauce, crushed red pepper, and salt. Add broccoli; stir to coat. Arrange broccoli in one half of prepared baking pan.

2. In a 12-inch skillet heat the remaining 1 Tbsp. oil over medium. Add chicken and cook, turning once, until golden brown, 8 to 10 minutes. Transfer chicken to other half of prepared baking pan. Roast until chicken is done (165°F) and broccoli is tender and browned, 10 to 15 minutes.

3. For vinaigrette, in a small bowl whisk together the pesto and vinegar until combined. If necessary, add additional vinegar to reach a drizzling consistency.

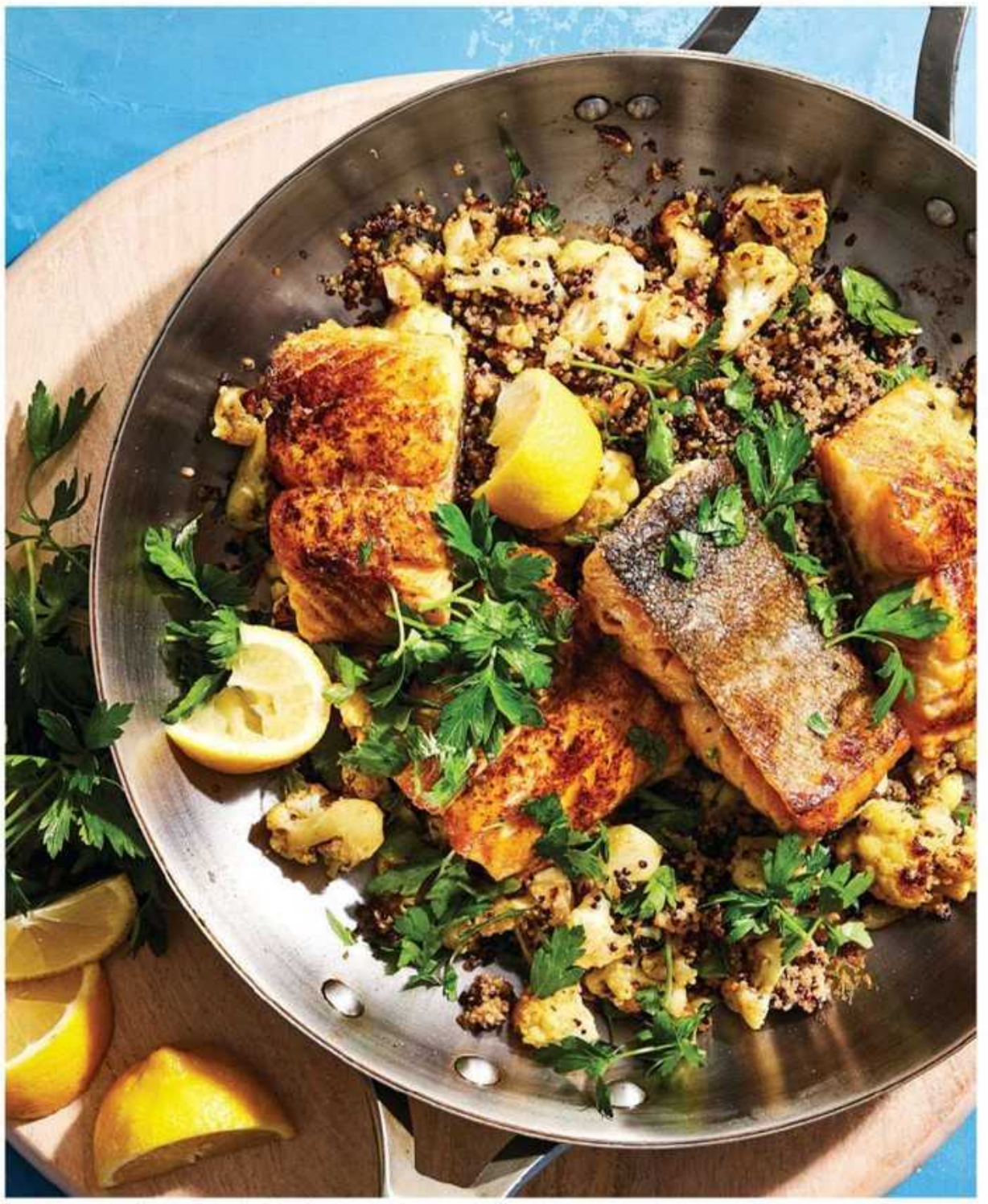
4. Chop or slice chicken. In four serving bowls layer spinach, chicken, quinoa, broccoli, tomatoes, Parmesan, and Za'atar Bread Crumbs. Serve with pesto vinaigrette and, if you like, additional hot pepper sauce. **Makes 4 servings** (2 cups each).

***HOT SAUCE** Sweetgreens prepares their own sugar-free hot sauce made with carrots. To mimic their flavor, use a mild hot sauce made with carrots and minimal added sugars.

PER SERVING *525 cal., 24 g fat (4 g sat. fat), 88 mg chol., 763 mg sodium, 39 g carb., 6 g fiber, 4 g sugars, 38 g pro.*

ZA'ATAR BREAD CRUMBS

*Preheat oven to 400°F. Line a shallow baking pan with parchment paper. Place 2 cups torn **sourdough bread** in prepared pan. Toss with 1 Tbsp. **olive oil** and 2 tsp. **Za'atar Spice Blend** (recipe, p. 15). Bake, stirring halfway, until deep golden brown, 5 to 7 minutes. Cool 10 minutes. Place bread crumbs in a large resealable bag and lightly crush to desired size.*



Pan-Fried Trout with Ras el Hanout and Cauliflower

START TO FINISH 30 minutes

- **3 Tbsp. olive oil, divided**
- **5 cups coarsely chopped fresh cauliflower florets**
- **2 tsp. Ras el Hanout (Moroccan-Style Spice Blend) (recipe, *p. 15*), divided**
- **½ tsp. salt, divided**
- **½ tsp. black pepper, divided**
- **1½ cups cooked quinoa (tip, *right*)**
- **¼ cup chopped fresh flat-leaf parsley**
- **4 4-oz. skin-on fresh trout fillets**
- **Lemon wedges**

1. In a 10-inch nonstick skillet heat 2 Tbsp. oil over medium. Add cauliflower; cook, stirring occasionally, until starting to brown, about 15 minutes. Sprinkle with 1 tsp. of the Ras el Hanout and ¼ tsp. each salt and pepper. Cook, stirring occasionally, until fragrant and cauliflower is tender, about 2 minutes. Transfer to a large bowl.

2. Add quinoa and parsley to bowl with cauliflower; toss to combine.

3. Season trout with remaining 1 tsp. Ras el Hanout and remaining ¼ tsp. each salt and pepper. Wipe out skillet; add remaining 1 Tbsp. oil; heat over medium-high. Add trout, skin-side down. Cook until skin is golden brown and crispy, about 2 minutes. Turn; cook until fish flakes easily, 1 minute more. Serve fish with cauliflower mixture and lemon wedges. If you like, top with additional parsley. **Makes 4 servings** (1 trout fillet + 1¼ cups cauliflower mixture each).

PER SERVING *363 cal., 19 g fat (3 g sat. fat), 65 mg chol., 436 mg sodium, 19 g carb., 5 g fiber, 3 g sugars, 29 g pro.*

QUINOA

Containing more protein than any other grain, quinoa is slightly chewy with a delicate flavor and texture.

COOK SOME GRAINS!

Simplify mealtime and opt for precooked packages of grains or, if you have the dry grain in your pantry, cook up a batch.

Bulgur

In a medium saucepan combine 1 cup bulgur, rinsed and drained, and 3 cups water. Cook, covered, 12 minutes. Drain excess liquid if necessary. Makes 3 cups.

Freekeh

In a medium saucepan combine 1 cup freekeh and 2½ cups water; cook, covered, 20 minutes. Remove from heat and let stand 5 minutes. Makes 3 cups.

Farro

In a medium saucepan combine 1¼ cups farro, rinsed and drained, and 3½ cups water. Cook, covered, 30 minutes. Makes 3 cups.

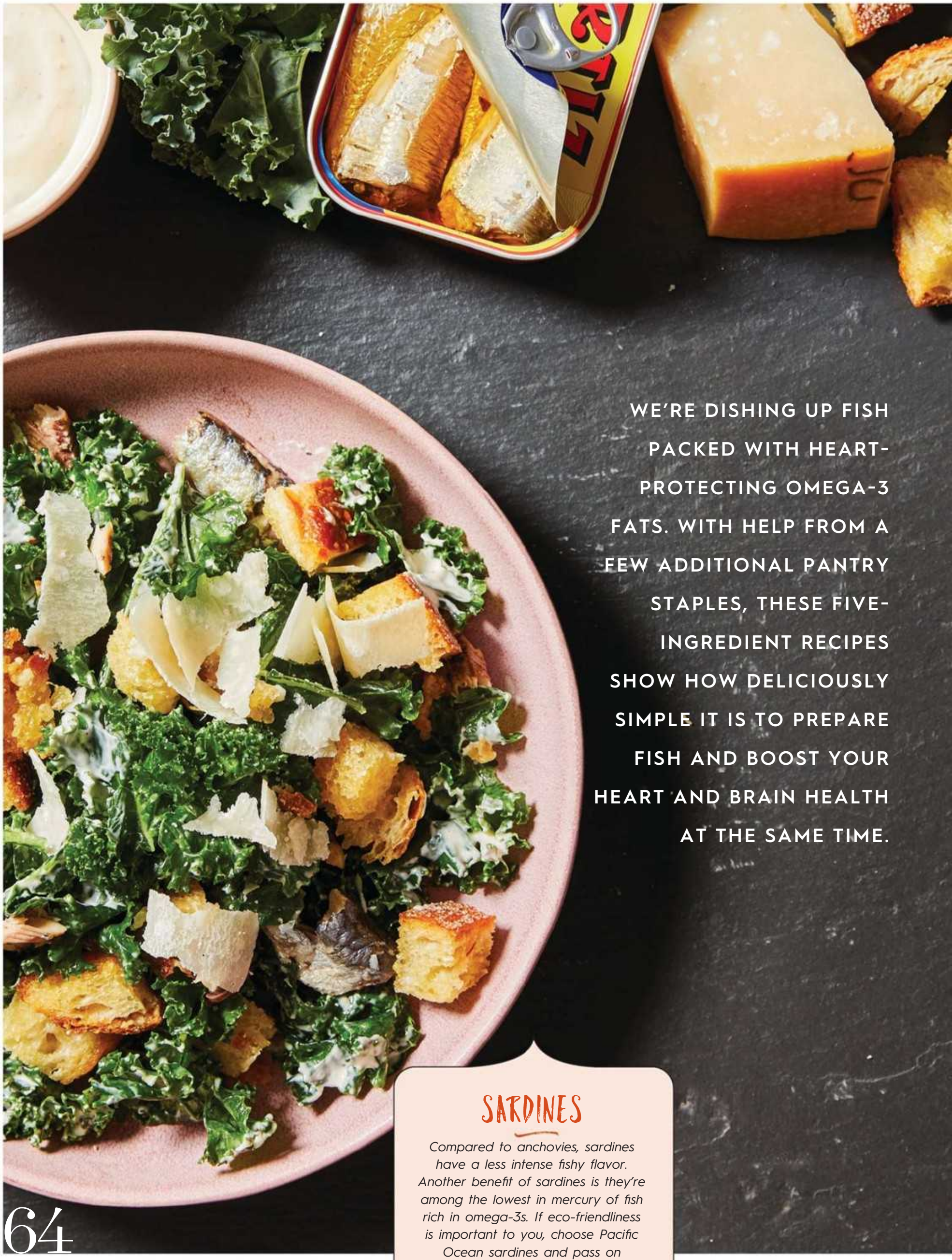
Brown Rice

In a medium saucepan combine 1 cup brown rice and 2 cups water. Simmer, covered, 45 minutes. Remove and let stand 5 minutes. Makes 3 cups.

Quinoa

In a medium saucepan combine 1 cup quinoa, rinsed and drained, and 2 cups water. Bring to boiling; reduce heat. Simmer, covered, 15 minutes; drain if necessary. Makes 3 cups.

If you don't end up using the whole batch of cooked grains within 5 days, measure the extra into portions, transfer to airtight containers, and freeze up to 3 months.



WE'RE DISHING UP FISH PACKED WITH HEART-PROTECTING OMEGA-3 FATS. WITH HELP FROM A FEW ADDITIONAL PANTRY STAPLES, THESE FIVE-INGREDIENT RECIPES SHOW HOW DELICIOUSLY SIMPLE IT IS TO PREPARE FISH AND BOOST YOUR HEART AND BRAIN HEALTH AT THE SAME TIME.

SARDINES

Compared to anchovies, sardines have a less intense fishy flavor. Another benefit of sardines is they're among the lowest in mercury of fish rich in omega-3s. If eco-friendliness is important to you, choose Pacific Ocean sardines and pass on any from the Atlantic Ocean.

5-Ingredient TIN FISH DISHES

Kale and Sardine Caesar Salad with Parmesan Croutons

START TO FINISH 20 minutes

- **12 cups chopped stemmed fresh kale**
- **2 Tbsp. olive oil**
- **⅓ cup bottled Caesar salad dressing**
- **2 4.4-oz. tins oil-pack wild sardines, drained and coarsely chopped**
- **1 recipe Parmesan Croutons (*right*) or 3 cups purchased croutons, divided**
- **½ cup shaved Parmesan cheese**

In an extra-large bowl combine kale and oil. Massage kale until it softens and turns bright green, 1 to 2 minutes. Add Caesar dressing, sardines, and half of the croutons. Toss well to coat. Serve topped with shaved Parmesan and remaining croutons. **Makes 4 servings** (2 cups each).

PARMESAN CROUTONS Preheat oven to 300°F. Cut four ¾-inch slices **Italian** or **French bread** into 1-inch cubes (3½ cups). In a large bowl combine ¼ cup **olive oil** and 3 Tbsp. grated **Parmesan cheese.** Add bread cubes, stirring to coat. Spread bread cubes in a single layer in a shallow baking pan. Bake 10 minutes; stir. Bake until bread cubes are crisp and golden, about 10 minutes more. Cool completely. Store in an airtight container up to 24 hours.
PER SERVING *558 cal., 43 g fat (8 g sat. fat), 38 mg chol., 905 mg sodium, 25 g carb., 9 g fiber, 4 g sugars, 21 g pro.*

Anchovy and Broccoli Pasta

START TO FINISH 30 minutes

- 1 1-lb. head broccoli
- 8 oz. dried whole wheat rigatoni
- 2 Tbsp. olive oil
- 1 2-oz. can oil-pack anchovy fillets, drained and finely chopped
- 4 cloves garlic, thinly sliced
- ½ tsp. black pepper
- Pinch salt
- ⅔ cup grated pecorino cheese

1. Trim the stem off broccoli and chop. Cut florets into bite-size pieces. Cook pasta in boiling water according to package directions, adding broccoli florets the last 2 minutes of cooking. Drain mixture, reserving 1 cup cooking liquid.

2. Meanwhile, in a 10-inch skillet heat oil over medium. Add anchovy fillets and garlic; cook, stirring constantly, until fragrant, about 2 minutes. Add chopped broccoli stems; cook, stirring frequently, until just tender, about 2 minutes. Stir in ½ cup reserved cooking liquid; cook, stirring occasionally, 2 minutes more. Stir in pasta mixture, pepper, and salt; toss to coat. If necessary, add enough reserved pasta cooking liquid to reach desired consistency. Remove from heat; add pecorino. Toss to coat. **Makes 4 servings** (1½ cups each).

PER SERVING *336 cal., 11 g fat (3 g sat. fat), 9 mg chol., 581 mg sodium, 48 g carb., 7 g fiber, 3 g sugars, 15 g pro.*

ANCHOVIES

Anchovies stand up beautifully to high-heat cooking methods and other intense flavors. The fresh fish are milder in flavor than their cured or canned counterparts. But canned versions have their place, adding depth to sauces, dressings, and dips. Anchovies are low in mercury—a toxin that can cause bodily damage—yet rich in heart-healthy omega-3s. For sustainable options, look for ones from Argentina or Spain that came from the Atlantic Ocean.

TUNA

Canned tuna is the third most popular seafood among Americans. For the healthiest canned variety, choose tuna packed in water. It is low in calories and high in the omega-3s DHA and EPA. Or choose fresh tuna, which is milder-tasting than canned tuna and just as rich in omega-3s. For the most sustainable option, look for any variety (fresh or canned) certified by the Marine Stewardship Council.

Fast Niçoise Salad

START TO FINISH 20 minutes

- **2 tsp. plus 2 Tbsp. olive oil**
- **2 cups red potato wedges**
- **6 cups torn mixed salad greens**
- **2 3-oz. cans water-pack tuna, drained and flaked**
- **1 cup cherry tomatoes**
- **2 hard-boiled eggs, peeled and sliced**
- **2 Tbsp. white wine vinegar**
- **½ tsp. Dijon mustard**
- **⅛ tsp. black pepper**

1. In a 10-inch skillet heat the 2 tsp. oil over medium. Add potatoes. Cover; cook, stirring occasionally, until tender and golden brown, about 15 minutes.
2. Top greens with tuna, tomatoes, egg slices, and potatoes. Whisk together vinegar, remaining 2 Tbsp. oil, the mustard, and pepper; drizzle over salads. **Makes 4 servings** (2 cups each).
PER SERVING *319 cal., 12 g fat (2 g sat. fat), 113 mg chol., 249 mg sodium, 38 g carb., 6 g fiber, 4 g sugars, 17 g pro.*

Tuna Swap

If you want more flavor, top your salad with lemon-pepper tuna or use any herb-seasoned variety.

HERRING

Sometimes referred to as baitfish in the United States, herring deserve the limelight they get in Scandinavian countries. Compared to other fish, herring are among the richest in omega-3 fats. They are also milder in taste than other small fish, such as anchovies. Most herring available in the United States are eco-friendly choices, according to the Monterey Bay Aquarium Seafood Watch.

Spicy Herring and Roasted Red Pepper Pasta

START TO FINISH 20 minutes

- 8 oz. dried whole wheat capellini or spaghetti
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- ½ cup bottled roasted red bell peppers, drained and chopped
- 2 to 4 Tbsp. bottled drained, chopped Calabrian peppers
- 1 Tbsp. apple cider vinegar
- ¼ tsp. black pepper
- 1 3.25-oz. can smoked herring fillets, drained and flaked

1. Cook pasta according to package directions. Drain, reserving ½ cup cooking liquid.
2. Meanwhile, in a 10-inch skillet heat oil over medium. Add garlic; cook, stirring frequently, until fragrant, 1 minute. Add roasted red peppers, Calabrian peppers, vinegar, and black pepper. Cook, stirring frequently, until vinegar is nearly reduced, about 2 minutes. Remove from heat. Add pasta to skillet. Gradually add reserved liquid, 1 to 2 Tbsp at a time, stirring to coat. Add herring; toss to combine. **Makes 4 servings** (1¼ cups each).

PER SERVING *310 cal., 12 g fat (2 g sat. fat), 17 mg chol., 124 mg sodium, 44 g carb., 6 g fiber, 2 g sugars, 13 g pro.*

Smoked Mackerel, Carrots, and Focaccia Crisps

HANDS ON 15 minutes
BAKE 27 minutes at 375°F

- **8 oz. baby carrots, trimmed and cut diagonally into 1-inch pieces**
- **2 Tbsp. olive oil, divided**
- **½ tsp. black pepper, divided**
- **4 oz. focaccia bread, torn into bite-size pieces**
- **¼ cup plain Greek yogurt**
- **2 Tbsp. fresh lemon juice**
- **1 Tbsp. apple cider vinegar**
- **2 4.2-oz. cans oil-pack smoked mackerel, drained and torn into small pieces**
- **Fresh dill fronds (optional)**

1. Preheat oven to 375°F. In a medium bowl toss carrots with 1 Tbsp. of the oil and ¼ tsp. of the pepper. Spread in a single layer in a shallow baking pan; roast 15 minutes.
2. In same bowl toss together bread and remaining 1 Tbsp. oil. Push carrots to one side of pan and add bread to the other side. Bake, stirring once, until bread is golden and crispy and carrots are browned and tender, 12 to 15 minutes.
3. Meanwhile, for sauce, in a small bowl whisk together yogurt, lemon juice, vinegar, and remaining ¼ tsp. pepper. To serve, spread 1½ Tbsp. of the sauce on each of four plates. Top with focaccia crisps, carrots, and smoked mackerel. Drizzle with remaining sauce and sprinkle with dill (if using). **Makes 4 servings** (2 cups each).
PER SERVING *297 cal., 19 g fat (4 g sat. fat), 27 mg chol., 474 mg sodium, 19 g carb., 2 g fiber, 4 g sugars, 15 g pro.*

MACKEREL

Milder-tasting than salmon yet just as easy to prepare, mackerel deserves more kudos. Small and thin fillet sizes allow for fast cooking times—ideal for speedy weeknight meals. To avoid mercury, look for Pacific mackerel. Most mackerel are sustainable, but avoid U.S. and Canadian varieties fished from the Northwest Atlantic Ocean.

Chickpeas

PRIZED AS A PANTRY STAPLE AND AN IMPORTANT SOURCE OF PROTEIN ACROSS THE MEDITERRANEAN, CHICKPEAS ARE AMONG THE MOST VERSATILE OF LEGUMES. THEIR USE IN HUMMUS IS A GIVEN, BUT THEIR FIRM TEXTURE AND MILD FLAVOR ALSO MAKES THEM A KEY PLAYER IN SOUPS, SALADS, AND MORE.

Try Warm

If you like, serve this as a hot entrée. The cheese will melt slightly and the greens will wilt while tossing.

Farro, Chickpeas, and Greens

START TO FINISH 30 minutes

- **1 cup farro**
- **1 15- to 16-oz. can no-salt-added chickpeas**
- **2 cups loosely packed fresh hearty greens (such as mustard or kale), coarsely chopped**
- **1 cup grape tomatoes, halved**
- **¼ cup olive oil**
- **2 Tbsp. fresh lemon juice**
- **1 clove garlic, minced**
- **1 cup feta cheese, crumbled (4 oz.)**

1. Cook farro according to package directions. Meanwhile, drain chickpeas in a colander. Drain farro over chickpeas; rinse under cold water to cool farro quickly and rinse chickpeas. Drain well.
2. In a large bowl combine farro mixture with the next five ingredients (through garlic). Top with feta. Season to taste.
Makes 4 servings (1½ cups each).
PER SERVING *461 cal., 21 g fat (6 g sat. fat), 25 mg chol., 419 mg sodium, 51 g carb., 8 g fiber, 5 g sugars, 16 g pro.*

MAKE CHICKPEA MERINGUE

Don't pitch the leftover liquid from your canned chickpeas! Save it to make vegan meringue frosting.

STEP 1

Drain one 15- to 16-oz. can **chickpeas** to separate the liquid from the beans. Measure ¼ cup of the liquid. Discard remaining liquid or save for another use. (Use the chickpeas for any of these recipes.)

STEP 2

Beat the chickpea liquid with a mixer on high until soft, white peaks form (tips curl). The consistency of the chickpea liquid is similar to egg whites, but since it is egg-free, it is safe to eat without baking.

STEP 3

While beating on high, gradually add ½ cup **sugar,** 1 Tbsp. at a time, until stiff, glossy peaks form. Beat in 1 tsp. **vanilla.** Spread onto cake, cupcakes, or cookies. **Makes 2 cups.**

Bean Swap

If you like, use cannellini beans instead of chickpeas.

Spicy Chickpea Stew

HANDS ON 15 minutes **COOK** 15 minutes **STAND** 5 minutes

- **1 Tbsp. olive oil**
- **⅓ cup finely chopped yellow or red onion**
- **1 clove garlic, minced**
- **½ tsp. salt**
- **½ tsp. smoked paprika**
- **½ tsp. chili powder**
- **½ tsp. ground cumin**
- **¼ tsp. black pepper**
- **⅛ tsp. cayenne pepper**
- **1 28-oz. can no-salt-added diced tomatoes, undrained**
- **1 15- to 16-oz. can no-salt-added chickpeas, rinsed and drained**
- **1 14.5-oz. can reduced-sodium vegetable or chicken broth**
- **½ cup raisins**
- **½ cup couscous**
- **¼ cup toasted slivered almonds or ½ cup coarsely chopped toasted almonds**
- **Chopped fresh mint or flat-leaf parsley (optional)**

1. In a large saucepan heat oil over medium. Add onion and garlic; cook, stirring occasionally, until tender and just starting to brown, about 5 minutes.
2. Stir in the next six ingredients (through cayenne pepper). Cook and stir until fragrant, about 30 seconds more. Add undrained tomatoes, chickpeas, broth, and raisins. Bring to boiling; reduce heat. Simmer, covered, 10 minutes.
3. Stir couscous into chickpea mixture. Remove from heat. Cover; let stand 5 minutes before serving. Top servings with toasted almonds and mint (if using). **Makes 4 servings** (1½ cups each).
PER SERVING *367 cal., 8 g fat (1 g sat. fat), 0 mg chol., 400 mg sodium, 61 g carb., 11 g fiber, 17 g sugars, 12 g pro.*

Roasted Cauliflower and Chickpeas with Chimichurri

START TO FINISH 30 minutes

- **1 1½-lb. head cauliflower, trimmed and broken into bite-size florets (4 cups)**
- **1 15- to 16-oz. can no-salt-added chickpeas, rinsed and drained**
- **3 Tbsp. plus ¼ cup olive oil, divided**
- **¾ tsp. salt, divided**
- **½ tsp. crushed red pepper, divided**
- **1 cup packed fresh flat-leaf parsley leaves**
- **½ cup packed fresh cilantro leaves**
- **1 shallot, peeled**
- **1 lime, zested and juiced**
- **4 soft pita bread rounds, warmed**
- **2 green onions, sliced**

1. Preheat oven to 450°F. In a 15x10-inch baking pan combine cauliflower, chickpeas, the 3 Tbsp. oil, ½ tsp. of the salt, and ¼ tsp. of the crushed red pepper; toss to coat. Spread evenly in pan. Roast, stirring once, until browned and tender, 25 minutes.
2. Meanwhile, for chimichurri, in a food processor or blender combine parsley, cilantro, shallot, the ¼ cup oil, lime juice, and remaining ¼ tsp. salt and ¼ tsp. crushed red pepper. Cover and process or blend until finely chopped. Spread 1 Tbsp. on each pita bread round.
3. Top pitas with cauliflower mixture and drizzle with remaining chimichurri. Sprinkle with green onions and lime zest. **Makes 4 servings** (1 cup chickpea mixture + 2 Tbsp. plus 2 tsp. chimichurri each).
PER SERVING *425 cal., 25 g fat (3 g sat. fat), 0 mg chol., 645 mg sodium, 40 g carb., 8 g fiber, 3 g sugars, 11 g pro.*

Top it Off

BRIGHTEN THE FLAVORS AND ADD TEXTURE TO ANY DISH WITH ONE OR MORE OF THESE SIMPLE LAST-MINUTE TOPPINGS.

TOAST FOR FLAVOR!

Toasting nuts, seeds, and bread crumbs as a topper adds depth of flavor. For whole nuts, spread evenly in a shallow pan and bake in a 350°F oven for 5 to 10 minutes, stirring once or twice. Toast seeds and finely chopped nuts in a dry skillet over medium, stirring often. For bread crumbs, in a large skillet melt 1 Tbsp. ***salted butter*** *over medium. Add ½ cup* ***panko.*** *Cook and stir 2 to 3 minutes or until toasted.*

Brighten Up

A squeeze of fresh citrus brings out subtle flavors and balances sweet and salty notes.

Triple Olive Tapenade

In a food processor or blender combine ¾ cup each **pitted green olives** and **pitted Kalamata olives;** ¼ cup **pitted oil-cured black olives;** 3 Tbsp. **olive oil;** 1 Tbsp. each **capers,** drained, and **balsamic vinegar;** 1½ tsp. **Dijon mustard;** 1 **anchovy fillet** (if you like); and 1 **clove garlic,** minced. Cover and pulse until finely chopped. Stir in 1½ tsp. chopped **fresh herb** (basil, thyme, oregano, parsley, and/or rosemary). Serve with pasta, meat, poultry, crackers, or crostini. Transfer tapenade to airtight or freezer containers, leaving a ½-inch headspace. Chill up to 1 week or freeze up to 3 months. **Makes 1½ cups.**

PER TBSP. *29 cal., 3 g fat (0 g sat. fat), 0 mg chol., 146 mg sodium, 1 g carb., 0 g fiber, 0 g sugars, 0 g pro.*

Gremolata

In a small bowl combine ½ cup chopped **fresh herbs** (flat-leaf parsley, basil, or cilantro); 2 Tbsp. **zest** (lemon, lime, or orange); and 6 **cloves garlic,** minced. Sprinkle onto cooked chicken, meat, seafood, vegetables, pasta, or soups. **Makes ⅔ cup.**

PER TBSP. *4 cal., 0 g fat, 0 mg chol., 2 mg sodium, 1 g carb., 0 g fiber, 0 g sugars, 0 g pro.*

TAHINI

NEED SOME EXTRA IDEAS FOR THE LARGE JAR OF TAHINI IN YOUR FRIDGE? THESE THREE RECIPES HELP YOU PUT THAT SUPREMELY NUTTY FLAVORED (YET 100% NUT FREE) PASTE TO GOOD USE.

Three-Bean Salad with Tahini-Lime Dressing

START TO FINISH 25 minutes

- **1 lb. fresh green beans and/or yellow wax beans, trimmed**
- **1 cup frozen shelled edamame**
- **1 cup fresh or frozen corn**
- **1 15-oz. can chickpeas, rinsed and drained**
- **¼ cup chopped fresh cilantro**
- **½ cup tahini**
- **⅓ cup fresh lime juice (3 medium)**
- **1 Tbsp. olive oil**
- **1 tsp. salt**
- **1 tsp. ground cumin**
- **Black pepper**

1. Cook beans, edamame, and corn in a large pot of boiling water until beans are crisp-tender, 2 to 3 minutes. Drain; transfer to a bowl of ice water. Let cool; drain and pat dry. Transfer to a large bowl. Add chickpeas and cilantro; toss.
2. For dressing, in a small bowl whisk together the next five ingredients (through cumin). If needed, add water, 1 Tbsp. at a time, to reach desired consistency. Toss dressing with bean mixture. Season to taste with pepper. Chill, covered, up to 24 hours. **Makes 8 servings** (¾ cup each).
PER SERVING *198 cal., 12 g fat (2 g sat. fat), 0 mg chol., 363 mg sodium, 20 g carb., 5 g fiber, 5 g sugars, 8 g pro.*

Tahini Spritz Cookies

HANDS ON 15 minutes **BAKE** 6 minutes at 375°F

- **1½ cups salted butter, softened**
- **1 cup sugar**
- **1 tsp. baking powder**
- **1 tsp. ground turmeric**
- **½ tsp. ground cardamom**
- **¼ tsp. salt**
- **1 egg**
- **2 Tbsp. tahini**
- **1 tsp. vanilla**
- **3½ cups all-purpose flour**
- **Sesame seeds**

1. Preheat oven to 375°F. In a large bowl beat butter with a mixer on medium to high 30 seconds. Add sugar, baking powder, turmeric, cardamom, and salt. Beat until combined, scraping bowl as needed. Beat in egg, tahini, and vanilla. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour.

2. Force unchilled dough through a cookie press onto ungreased cookie sheets. Sprinkle cookies with sesame seeds. Bake about 6 minutes or until edges are firm. Remove; cool on wire racks. **Makes 96 cookies.**

STORAGE Store in an airtight container at room temperature up to 3 days or freeze up to 3 months.

PER COOKIE *54 cal., 3 g fat (2 g sat. fat), 10 mg chol., 35 mg sodium, 6 g carb., 0 g fiber, 2 g sugars, 1 g pro.*

Tahini

Hailing from the Middle East and Eastern Mediterranean regions, tahini is made from toasted sesame seeds and used as a condiment in a variety of cuisines. Look for it in large supermarkets where it will most commonly be found with condiments and dressings, or with international ingredients.

Tahini Chicken Salad Lettuce Cups

START TO FINISH 25 minutes

- ¼ cup tahini
- 3 Tbsp. fresh lemon juice
- 1 clove garlic, minced
- 2 Tbsp. olive oil
- 2 tsp. Za'atar Spice Blend (recipe, *p. 15*)
- 1 tsp. brown or Dijon mustard
- ½ tsp. ground cumin
- ¼ tsp. salt
- 2 to 3 Tbsp. cold water
- 2 cups chopped cooked chicken
- 1 cup finely chopped celery
- ⅓ cup chopped fresh chives
- 6 iceberg or romaine lettuce leaves
- 1 cup sliced cucumber
- 1 cup grape tomatoes or seedless red grapes, halved
- 1 cup crushed pita chips (optional)

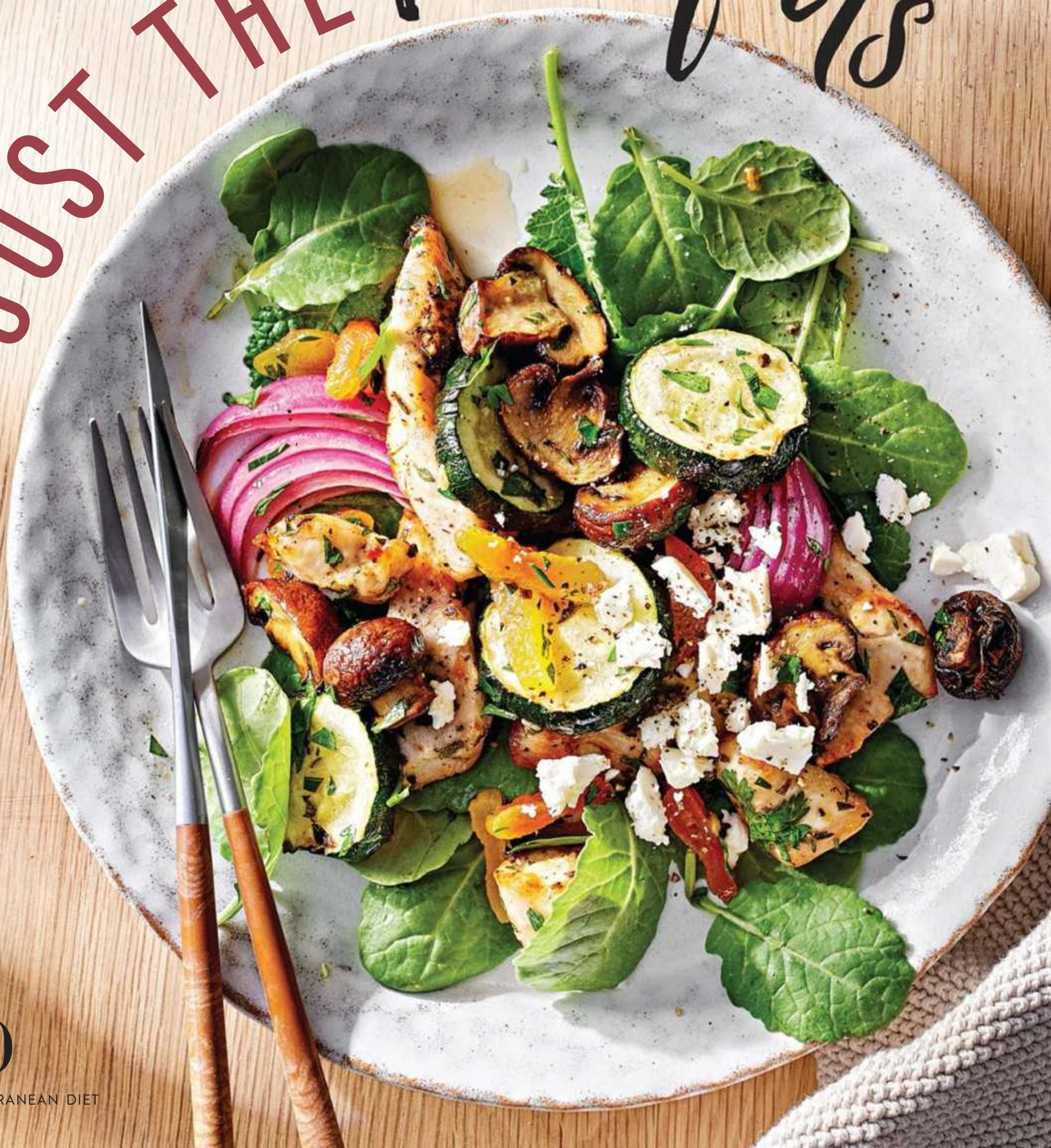
1. For dressing, in a medium bowl whisk together first eight ingredients (through salt) until well combined. Whisk in 2 to 3 Tbsp. cold water to reach desired consistency.

2. Add chicken, celery, and chives to dressing; stir to combine. Fill lettuce leaves with chicken salad; top with cucumber and tomatoes. Sprinkle with crushed pita chips (if using). **Makes 6 servings** (1 lettuce wrap + ½ cup filling each).

PER SERVING *208 cal., 14 g fat (2 g sat. fat), 41 mg chol., 116 mg sodium, 6 g carb., 2 g fiber, 2 g sugars, 16 g pro.*

NOT EVERY DINNER NEEDS TO SERVE A CROWD. WITH THE HELP OF AN AIR FRYER, THESE RECIPES SCALE IT BACK FOR MEALS WHEN THE TABLE IS SET FOR A TWOSOME.

JUST THE *Two of Us*



One-Basket Mediterranean Chicken Dinner

HANDS ON 15 minutes
AIR-FRY 10 minutes at 400°F

- 1 8 oz. skinless, boneless chicken breast, thinly sliced
- 1 small red onion, quartered and cut in ¼-inch slices (¾ cup)
- 4 oz. cremini or button mushrooms, halved or quartered
- ½ of a medium zucchini (5 oz.), cut in ½-inch slices
- 2 cloves garlic, minced
- 1 tsp. finely chopped fresh sage or ¼ tsp. dried sage, crushed
- 1 tsp. finely chopped fresh thyme or ¼ tsp. dried thyme, crushed
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2 Tbsp. olive oil, divided
- 2 Tbsp. white balsamic vinegar
- 1 Tbsp. honey
- 2 Tbsp. chopped fresh flat-leaf parsley
- 3 Tbsp. sliced dried apricots or golden raisins
- 2 Tbsp. crumbled goat cheese or feta cheese
- Salad greens (optional)

1. Preheat air fryer to 400°F. In a large bowl combine first nine ingredients (through pepper) and 1 Tbsp. of the oil; toss to coat.
2. Place chicken mixture evenly in air-fryer basket. Cook, stirring once halfway through, until veggies start to brown and chicken is done (165°F), 10 minutes.
3. Meanwhile, in a large bowl whisk together remaining 1 Tbsp. oil, the vinegar, and honey. Add chicken mixture, parsley, and apricots; toss until well combined.
4. Top with cheese and serve with greens (if using). **Makes 2 servings** (1¾ cups each).
PER SERVING *416 cal., 19 g fat (4 g sat. fat), 89 mg chol., 388 mg sodium, 30 g carb., 3 g fiber, 24 g sugars, 31 g pro.*

Removing Fish

Take care when lifting delicate fish out of an air-fryer basket, as cooked fish flakes easily. For best results, use a fish turner with a silicone tip, which will help lift the fish in one piece without damaging the basket.

Harissa Sauce and Harissa Paste

These two products are similar but not the same. Harrisa paste, made of hot chile peppers, spices, and garlic, is thick and spicy. Harissa sauce is usually thinner and more mild. You can find store-bought versions of both. Hot sauce or gochujang can be used as a substitute, but you may need to use less.

Harissa-Lime Salmon with Asparagus

HANDS ON 10 minutes **AIR-FRY** 5 minutes at 400°F

- **3 Tbsp. mild harissa sauce, divided**
- **1 Tbsp. honey**
- **¼ tsp. black pepper**
- **⅛ tsp. ground coriander**
- **⅛ tsp. salt**
- **2 6-oz. fresh or frozen skinless salmon fillets, thawed if frozen**
- **8 oz. asparagus spears, trimmed to fit air fryer (about 16 spears)**
- **1 tsp. olive oil**
- **2 Tbsp. plain low-fat Greek yogurt**
- **2 Tbsp. mayonnaise**
- **1 clove garlic, minced**
- **1 tsp. lime zest**
- **1 Tbsp. fresh lime juice**
- **Lime wheels and/or fresh cilantro (optional)**

1. Preheat air fryer to 400°F. In a small bowl whisk together 2 Tbsp. of the harissa sauce and next four ingredients (through salt).
2. Pat salmon dry. Generously coat salmon with harissa mixture.
3. Line air-fryer basket with perforated parchment paper. Arrange salmon and asparagus in prepared basket. Drizzle asparagus with oil and sprinkle with additional salt and pepper. Cook until salmon is opaque, flakes easily, and is done (145°F), 5 minutes.
4. Meanwhile, for harissa-lime sauce, in a small bowl whisk together yogurt, mayonnaise, remaining 1 Tbsp. harissa sauce, the garlic, lime zest and juice, and a pinch of salt and pepper. Add *water* as needed to reach desired consistency. Serve salmon with sauce and, if using, lime wheels and/or cilantro. **Makes 2 servings** (1 salmon fillet + 8 asparagus spears + 3 Tbsp. sauce each).
PER SERVING *431 cal., 24 g fat (4 g sat. fat), 101 mg chol., 554 mg sodium, 15 g carb., 2 g fiber, 12 g sugars, 37 g pro.*

Herbed Lamb Chops with Baby Potatoes and Grapes

HANDS ON 15 minutes **AIR-FRY** 23 minutes at 400°F

- **3 Tbsp. finely chopped fresh mint, divided**
- **1 tsp. sugar**
- **¼ cup red wine vinegar, divided**
- **1 clove garlic, minced**
- **4 tsp. olive oil, divided**
- **1¼ tsp. finely chopped fresh rosemary, divided**
- **¼ tsp. black pepper**
- **¼ tsp. salt, divided**
- **4 lamb rib chops, cut 1 inch thick, Frenched (tip, *below*) (about 8 oz.)**
- **1 lb. whole tiny new potatoes, 1½- to 2-inch diameter, halved (3 cups)**
- **¼ tsp. garlic powder**
- **1 cup whole seedless red grapes**

1. For mint sauce, in a small bowl lightly muddle 2 Tbsp. of the mint and the sugar together. Add 2 Tbsp. of the vinegar; stir to dissolve sugar.
2. Set a large resealable plastic bag in a shallow dish. In the bag combine remaining 1 Tbsp. mint, the garlic, remaining 2 Tbsp. vinegar, 3 tsp. of the oil, 1 tsp. of the rosemary, the pepper, and ⅛ tsp. of the salt. Add lamb chops to bag; seal and massage marinade into chops. Allow to stand at room temperature 15 minutes.
3. Meanwhile, preheat air fryer to 400°F. In a medium bowl toss potatoes with remaining 1 tsp. oil, ¼ tsp. rosemary, garlic powder, and remaining ⅛ tsp. salt. Place potatoes in air-fryer basket. Cook 10 minutes. Toss potatoes and add grapes to basket. Cook until potatoes are golden and tender, 5 minutes more. Remove from basket; keep warm.
4. Arrange chops in a single layer in air-fryer basket. Cook, turning once halfway through, until desired doneness (120°F for medium-rare), 8 minutes.
5. Serve lamb chops with potatoes, grapes, and mint sauce.
Makes 2 servings (2 chops + 1¼ cups potatoes and grapes + 2 Tbsp. sauce each).
PER SERVING *420 cal., 11 g fat (3 g sat. fat), 82 mg chol., 329 mg sodium, 53 g carb., 4 g fiber, 17 g sugars, 29 g pro.*

FRENCHING LAMB CHOPS

Frenching is the technique of cutting meat away from the top of a rib or chop to expose part of the bone. Ask your butcher to trim and French the rack for you. If a butcher is unavailable, follow these steps: Remove the thick layer of fat from the bone side of rack by pulling it away with your hands and using a thin, sharp knife to cut through the end; discard. Remove meat between the ribs to 1 to 2 inches of the eye of the meat by cutting down and up along the bones. Scrape remaining bits of meat from the bone.

Crispy Tofu and Veggie Salads

HANDS ON 20 minutes **AIR-FRY** 15 minutes at 400°F

- 2 tsp. reduced-sodium soy sauce
- ½ tsp. toasted sesame oil
- ½ of a 14-oz. pkg. firm water-pack tofu, drained, patted dry, and cut into 1-inch cubes
- 1 Tbsp. cornstarch
- Nonstick cooking spray
- ⅔ cup bite-size strips red bell pepper
- ½ cup thin onion wedges
- ½ cup snow or sugar snap pea pods, trimmed and halved crosswise
- 2 cups fresh baby spinach
- 1 cup hot cooked quinoa
- 1 recipe Sesame-Dijon Dressing (*right*)
- 2 tsp. toasted sesame seeds
- Crushed red pepper and/or sliced green onions (optional)

1. Preheat air fryer to 400°F. In a medium bowl combine soy sauce and sesame oil. Add tofu; toss gently to coat. Sprinkle with cornstarch; toss gently to coat. Coat tofu with cooking spray. Arrange tofu in a single layer in prepared basket. Cook, gently stirring once, until crisp and golden, 10 to 12 minutes. Remove from basket; cover to keep warm.
2. Coat bell pepper, onion, and pea pods with cooking spray; add to basket. Cook until vegetables are crisp-tender, about 5 minutes.
3. Divide spinach, quinoa, cooked vegetables, and tofu between serving bowls. Drizzle with Sesame-Dijon Dressing. Sprinkle with sesame seeds and, if using, crushed red pepper and green onion.
Makes 2 servings (3 cups each).
PER SERVING *413 cal., 20 g fat (3 g sat. fat), 0 mg chol., 369 mg sodium, 45 g carb., 8 g fiber, 11 g sugars, 18 g pro.*

SESAME-DIJON DRESSING

*In a small bowl whisk together 2 Tbsp. each **tahini** and **water;** 2 tsp. each **fresh lemon juice** and **honey;** 1 tsp. each **olive oil** and **Dijon mustard;** and ⅛ tsp. **salt.** Transfer to an airtight container and chill up to 3 days.*

Scallops with Roasted Corn Salad

HANDS ON 20 minutes
STAND 5 minutes
AIR-FRY 8 minutes at 375°F +
5 minutes at 400°F

- **3 ears fresh sweet corn, husked and cut in half crosswise**
- **3 Tbsp. olive oil, divided**
- **½ cup halved cherry tomatoes**
- **¼ cup chopped green onions**
- **2 Tbsp. crumbled feta or ricotta salata cheese**
- **2 Tbsp. fresh lemon juice**
- **¼ tsp. black pepper**
- **1 clove garlic, minced**
- **10 fresh or frozen sea scallops, thawed (8 to 10 oz.)**
- **⅛ tsp. salt**
- **2 Tbsp. chopped fresh basil**
- **Toasted mini naan (optional)**

1. Preheat air fryer to 375°F. Brush corn with 1 Tbsp. of the oil.
2. Place corn in air-fryer basket. Cook until golden and tender, 8 to 10 minutes. Let stand until cool enough to handle, 5 to 10 minutes.
3. Cut corn kernels from the cobs. In a medium bowl combine corn, 1 Tbsp. of the oil, and next 5 ingredients (through pepper). Let stand at room temperature.
4. For scallops, preheat air fryer to 400°F. In a small bowl combine remaining 1 Tbsp. oil and the garlic.
5. Pat scallops dry with paper towels and remove any side muscle. Brush scallops with garlic oil and sprinkle with salt.
6. Arrange scallops in a single layer in air-fryer basket. Cook until scallops are opaque, 5 minutes. Stir basil into corn mixture. Serve scallops with roasted corn salad. If you like, serve with naan and additional basil. **Makes 2 servings** (5 scallops + 1¼ cups salad each).
PER SERVING *432 cal., 25 g fat (4 g sat. fat), 42 mg chol., 436 mg sodium, 33 g carb., 4 g fiber, 10 g sugars, 26 g pro.*

Chicken Piccata

HANDS ON 30 minutes
AIR-FRY 10 minutes at 400°F

- 1 recipe White Wine-Caper Sauce (*below*)
- 2 4-oz. skinless, boneless chicken breasts or one 8-oz. chicken breast, halved horizontally
- ⅛ tsp. salt
- ¼ tsp. black pepper, divided
- 1 egg white
- 1 Tbsp. dry white wine
- ¼ cup fine dry bread crumbs
- 1 Tbsp. grated Parmesan cheese
- ¼ tsp. onion powder
- ⅛ tsp. garlic powder
- Nonstick cooking spray
- ⅓ cup orzo pasta
- 1 clove garlic, peeled
- 2 cups chopped fresh spinach
- ⅓ cup chopped roasted red bell peppers
- 2 tsp. olive oil
- 1 tsp. lemon zest
- 1 Tbsp. fresh lemon juice
- Chopped fresh flat-leaf parsley

1. Prepare White Wine-Caper Sauce. Using the flat side of a meat mallet, flatten chicken pieces between two pieces of plastic wrap to ¼-inch thick. Season all sides with salt and ⅛ tsp. of the pepper.
2. Preheat air fryer to 400°F. In a shallow dish whisk together egg white and white wine. In a separate shallow dish stir together bread crumbs, cheese, onion powder, and garlic powder.
3. Dip each chicken piece first in the egg white mixture, allowing excess to drip off, then in the bread crumb mixture, pressing the chicken lightly to coat all sides. Coat chicken with cooking spray.
4. Arrange chicken in a single layer in air-fryer basket. Cook, turning once halfway through, or until chicken is done (165°F), 10 minutes.
5. Meanwhile, cook orzo according to package directions, adding the garlic clove to the boiling water along with the pasta. Drain pasta and remove garlic clove. Mince garlic. Return pasta and garlic to the saucepan. Stir in next five ingredients (through lemon juice) and remaining ⅛ tsp. pepper. Cook over medium-low, stirring constantly, until spinach is wilted and mixture is heated through.
6. Serve chicken with orzo mixture and White Wine-Caper Sauce. Top with parsley.
Makes 2 servings (1 chicken fillet + ¾ cup orzo + ⅓ cup sauce each).
PER SERVING *500 cal., 15 g fat (4 g sat. fat), 93 mg chol., 530 mg sodium, 42 g carb., 3 g fiber, 3 g sugars, 36 g pro.*

WHITE WINE-CAPER SAUCE

In a small saucepan heat 1 tsp. ***olive oil*** *over medium-high. Add 2* ***cloves garlic,*** *minced. Cook, stirring frequently, until fragrant, 1 minute. Add ½ cup* ***dry white wine.*** *Cook, uncovered, until wine is almost completely reduced, about 5 minutes. Add ¾ cup* ***reduced-sodium chicken broth*** *and 1 Tbsp. each* ***capers*** *and* ***fresh lemon juice.*** *Cook, uncovered, until reduced by half, about 8 minutes. In a small bowl whisk together 1 Tbsp. additional broth and 2 tsp.* ***cornstarch.*** *Whisk cornstarch mixture into the white wine mixture. Cook, whisking constantly, until sauce thickens, about 1 minute. Remove from heat; stir in 1 Tbsp.* ***heavy cream.*** *Cover and keep warm while preparing chicken and orzo.*

Blackened Tuna with Avocado-Citrus Salad

HANDS ON 15 minutes
AIR-FRY 4 minutes at 400°F

- **2 4- to 5-oz. tuna steaks, about 1 inch thick**
- **2 Tbsp. olive oil, divided**
- **⅛ tsp. plus ¼ tsp. salt, divided**
- **1 Tbsp. Aleppo Spice Rub (recipe, *right*)**
- **1 small grapefruit**
- **1 orange**
- **3 Tbsp. fresh lemon juice (1 lemon)**
- **¼ tsp. black pepper**
- **1 avocado, halved, seeded, peeled, and sliced**
- **¼ cup finely chopped red onion**
- **Baby spinach (optional)**
- **2 tsp. Italian-style chili oil (optional)**

1. Preheat air fryer to 400°F.
2. Pat tuna steaks dry with a paper towel. Rub with 1 Tbsp. of the oil; sprinkle with ⅛ tsp. salt. Coat evenly with the Aleppo Spice Rub.
3. Arrange tuna steaks in a single layer in air-fryer basket. Cook until tuna is done (130°F), 4 to 5 minutes. Tuna should still be pink in the center.
4. Meanwhile, for salad, remove peel and pith from the grapefruit and orange by first cutting off the ends, then standing upright on a cutting board and slicing with the curve of the fruit to remove the majority of peel and pith, keeping the fruit intact. Thinly slice the fruit.
5. In a medium bowl whisk together lemon juice, remaining 1 Tbsp. oil, the ¼ tsp. salt, and pepper. Add sliced citrus, avocado, and red onion. Gently stir to combine.
6. Thinly slice tuna and serve with avocado-citrus salad and spinach (if using). If you like, drizzle with chili oil.
Makes 2 servings (1 tuna steak + 1½ cups salad each).
PER SERVING *450 cal., 25 g fat (4 g sat. fat), 44 mg chol., 494 mg sodium, 27 g carb., 8 g fiber, 13 g sugars, 31 g pro.*

ALEPPO SPICE RUB

*Combine 2 Tbsp. each **Aleppo pepper** and **smoked paprika;** 1 Tbsp. **onion powder;** and 1 tsp. each **garlic powder, ground oregano,** and **freshly ground black pepper.** Store in an airtight container.*

simply veggies

SCRATCH THE BUTTER AND SALT COMBO AND REINVENT YOUR HO-HUM VEGGIES. A HANDFUL OF FRESH INGREDIENTS AND BOLD SEASONINGS KICK UP THE FLAVOR—MAKING THESE EFFORTLESS SIDES ANYTHING BUT ORDINARY.

Za'atar Beets

HANDS ON 10 minutes
AIR-FRY 20 minutes

- **3 medium red and/or golden beets, trimmed, peeled, and cut into 1-inch wedges (1 lb.)**
- **2 tsp. olive oil**
- **1 tsp. Za'atar Spice Blend (recipe, *p. 15*) or purchased Za'atar seasoning**
- **1 Tbsp. crumbled feta cheese**
- **1 Tbsp. chopped fresh flat-leaf parsley**

1. Preheat air fryer to 375°F. In a large bowl combine beets, oil, and spice blend; toss to coat.
2. Arrange beets in a single layer in air-fryer basket. Cook, stirring once, until beets are tender and edges are starting to turn golden, about 20 minutes.
3. Sprinkle with feta and parsley. **Makes 4 servings** (½ cup each).
PER SERVING *109 cal., 5 g fat (1 g sat. fat), 3 mg chol., 137 mg sodium, 14 g carb., 3 g fiber, 3 g sugars, 3 g pro.*

Parmesan Green Beans

HANDS ON 10 minutes **BAKE** 10 minutes at 450°F

- **Nonstick cooking spray**
- **1 lb. fresh green beans, trimmed**
- **1 Tbsp. olive oil**
- **3 cloves garlic, minced**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **½ cup grated Parmesan cheese (2 oz.)**
- **Lemon wedges (optional)**

1. Preheat oven to 450°F. Line a baking sheet with foil; coat with cooking spray.
2. In a large bowl toss together green beans, oil, garlic, salt, and pepper. Spread beans on prepared baking sheet. Sprinkle with Parmesan. Bake until beans are tender, 10 minutes. If you like, serve with lemon wedges. **Makes 4 servings** (1 cup each).
PER SERVING *111 cal., 7 g fat (2 g sat. fat), 9 mg chol., 333 mg sodium, 10 g carb., 3 g fiber, 4 g sugars, 5 g pro.*

Honey Roasted Carrots

HANDS ON 15 minutes **BAKE** 20 minutes at 400°

- **2 Tbsp. olive oil**
- **2 Tbsp. honey**
- **½ tsp. plus ⅛ tsp. salt**
- **½ tsp. plus ⅛ tsp. black pepper**
- **1 tsp. harrisa spice blend (optional)**
- **1 lb. small carrots,* peeled and halved lengthwise**
- **¾ cup plain whole milk Greek Yogurt**
- **2 Tbsp. chopped fresh dill**
- **1 Tbsp. fresh lemon juice**

1. Preheat oven to 400°F. Line a shallow baking pan with foil.
2. In a large bowl whisk together oil, honey, ½ tsp. salt, ½ tsp. pepper, and harrisa (if using). Stir in carrots. Spread carrots in prepared baking pan; add any dressing left in bowl. Bake until carrots are fork tender, about 20 to 25 minutes.
3. Meanwhile, in a small bowl whisk together yogurt, dill, lemon juice, ⅛ tsp. salt, and ⅛ tsp. pepper. Spread yogurt mixture on a platter and top with carrots. If you like, sprinkle with additional dill and drizzle with dressing from the pan. **Makes 6 servings** (½ cup + 2 Tbsp. yogurt each).
***TIP** You can also use 1 lb. packaged peeled baby carrots.
PER SERVING *124 cal., 6 g fat (1 g sat. fat), 4 mg chol., 306 mg sodium, 15 g carb., 2 g fiber, 11 g sugars, 4 g pro.*

Lemon-Dijon Broccolini with Spiced Nuts and Goat Cheese

START TO FINISH 20 minutes

- **⅓ cup whole raw or salt-free roasted almonds**
- **1 tsp. finely chopped fresh rosemary**
- **1½ tsp. plus 3 Tbsp. olive oil, divided**
- **¼ tsp. Aleppo pepper or hot paprika**
- **¼ tsp. salt**
- **¼ tsp. garlic powder**
- **1 lb. fresh Broccolini**
- **1 Tbsp. fresh lemon juice**
- **1 Tbsp. Dijon mustard**
- **2 to 3 Tbsp. soft goat cheese (a soft ripened chèvre like Bucheron is best)**
- **Black pepper (optional)**

1. In a 9-inch glass pie plate combine almonds and rosemary; drizzle with 1½ tsp. of the oil and toss to coat. Microwave, uncovered, stirring every minute until nuts are golden, 4 minutes.
2. Add Aleppo pepper, salt, and garlic powder to nuts; toss to combine. Microwave 1 minute more. The nuts will become crunchy as they cool. Chop to serve with Broccolini.
3. Trim ¼-inch off the ends of the Broccolini; discard. Place Broccolini in a 2-qt. glass baking dish. Add 1 cup *water*. Cover with plastic wrap and vent one corner. Microwave until Broccolini is bright green and the stalks are crisp-tender, 3 to 4 minutes.
4. Meanwhile, for dressing, in a small bowl whisk together lemon juice, mustard, and remaining 3 Tbsp. oil until combined.
5. Drain the Broccolini. Drizzle with dressing; toss to coat. Place Broccolini on a serving platter, snipping the longest stalks in half with clean kitchen shears, if you like to make them easier to serve. Top with small spoonfuls of goat cheese and sprinkle with chopped nuts. Serve warm or at room temperature. If you like, season with additional salt and black pepper. **Makes 6 servings.**
MAKE AHEAD The nuts can be made up to 5 days in advance and stored in an airtight container.
PER SERVING *158 cal., 12 g fat (2 g sat. fat), 2 mg chol., 106 mg sodium, 7 g carb., 2 g fiber, 2 g sugars, 5 g pro.*

Easy Scooping!

To make scooping goat cheese easier, place cheese in a microwave-safe bowl. Microwave to soften the cheese, 15 seconds. Use a small scoop or spoon to dollop cheese onto the Broccolini.

SWEET BITES

EXPLORE THE SWEETER SIDE OF THE MEDITERRANEAN WITH TINY ONE- OR TWO-BITE TREATS. EACH SNACK DELIVERS BIG ON FLAVOR WITHOUT OVERDOING IT ON THE SUGAR.

Apricot-Orange Olive Oil Shortbread

HANDS ON 10 minutes
BAKE 10 minutes at 350°F
COOL 10 minutes

- ½ cup olive oil
- ½ cup powdered sugar
- 1 tsp. vanilla
- 1 tsp. orange zest
- ½ tsp. ground cardamom (optional)
- ¼ tsp. salt
- 1⅓ cups all-purpose flour
- ¼ cup finely chopped dried apricots* (1½ oz.)

1. Preheat oven to 350°F. In a large bowl stir together first six ingredients (through salt) until well combined. Stir in flour and apricots until dough holds together.
2. Shape rounded tablespoons of dough into balls. Arrange on ungreased cookie sheet at least 1-inch apart. Lightly press each ball to a 2-inch round.
3. Bake until bottoms are starting to brown, 10 to 12 minutes. Let cookies cool on cookie sheet 10 minutes. Transfer cookies to a wire rack; cool completely. Store leftovers in an airtight container at room temperature up to 5 days or freeze up to 3 months. **Makes 12 cookies.**
***TIP** When chopping apricots, coat knife blade with cooking spray to reduce sticking.
PER COOKIE *157 cal., 9 g fat (1 g sat. fat), 0 mg chol., 49 mg sodium, 17 g carb., 1 g fiber, 6 g sugars, 2 g pro.*

Chocolate Almond Date Bites

HANDS ON 15 minutes
CHILL 10 minutes

- **12 pitted medjool dates**
- **¼ cup almond butter**
- **12 roasted salted almonds**
- **4 oz. dark chocolate, melted**
- **2 Tbsp. finely chopped almonds**

1. Line a large plate or tray with parchment paper. Using a sharp paring knife, cut lengthwise slits in dates. Stuff each date with 1 tsp. almond butter and one almond.
2. Dip the cut edge of each date in melted chocolate; transfer to prepared plate. Drizzle with remaining chocolate and sprinkle with chopped almonds.
3. Chill or freeze until chocolate is set, about 10 minutes. Serve chilled or frozen. Chill leftovers in an airtight container up to 7 days or freeze up to 3 months. **Makes 12 servings** (1 stuffed date each).
PER SERVING *166 cal., 7 g fat (2 g sat. fat), 1 mg chol., 21 mg sodium, 25 g carb., 3 g fiber, 21 g sugars, 3 g pro.*

PEANUT Prepare as directed, except substitute ¼ cup creamy peanut butter for almond butter, 2 Tbsp. chopped peanuts for chopped almonds, and omit the 12 roasted salted almonds.
PER SERVING *164 cal., 7 g fat (3 g sat. fat), 1 mg chol., 29 mg sodium, 25 g carb., 3 g fiber, 21 g sugars, 3 g pro.*

COCONUT Prepare as directed, except substitute ¼ cup toasted coconut for whole almonds, and 2 Tbsp. toasted flaked coconut for chopped almonds. Fill each date with 1 tsp. almond butter and 1 tsp. toasted coconut.
PER SERVING *168 cal., 7 g fat (3 g sat. fat), 1 mg chol., 18 mg sodium, 26 g carb., 3 g fiber, 22 g sugars, 2 g pro.*

Walnut-Cranberry Baklava Bites

START TO FINISH 10 minutes

- **1 cup chopped toasted walnuts**
- **6 Tbsp. chopped dried cranberries and/or apricots**
- **4 tsp. finely chopped crystallized ginger**
- **¼ cup honey**
- **¼ tsp. ground nutmeg**
- **2 1.9-oz. pkg. baked miniature phyllo tart shells (30)**

In a small bowl stir together walnuts, cranberries, and ginger. Drizzle with honey and sprinkle with nutmeg; toss to coat. Spoon evenly into tart shells. Chill tarts in a single layer in an airtight container up to 2 days. **Makes 15 servings** (2 tarts each).
PER SERVING *123 cal., 6 g fat (0 g sat. fat), 0 mg chol., 24 mg sodium, 15 g carb., 1 g fiber, 10 g sugars, 2 g pro.*

So Crispy!

Follow package directions for additional shell crispness before filling.

Ghorayebah

Sometimes spelled ghoriba, ghriba, or ghryba (goh-REE-bah), these are popular North African and Middle Eastern cookies often made for special occasions.

Ghorayebah (Butter Biscuits)

HANDS ON 10 minutes
BAKE 15 minutes at 300°F
COOL 10 minutes

- **1 cup powdered sugar**
- **1 cup ghee (clarified butter)**
- **1 tsp. vanilla**
- **2 cups all-purpose flour**
- **1 tsp. baking powder**
- **¼ tsp. salt**
- **30 whole blanched almonds or whole cloves**

1. Preheat oven to 300°F. In a medium bowl beat sugar, ghee, and vanilla with a mixer on medium until smooth and creamy. Add flour, baking powder, and salt to beaten mixture; stir until dough comes together.
2. Roll dough into 1-inch balls (about 1 Tbsp. each).* Place balls 2 inches apart on ungreased cookie sheets. Flatten slightly and press an almond or clove into the center of each.
3. Bake until lightly brown on the bottom, about 15 minutes. Cool on cookie sheets 10 minutes. Remove; cool on wire racks. Remove cloves before eating. **Makes 30 cookies**.
***TIP** To make uniform-size balls, on a lightly floured surface pat dough into a 6x5-inch rectangle; cut into 30 equal-size squares. Roll each square into a ball.

Label Lingo

In the Middle East, ghee is called "samna." In English, it is known as "clarified butter."

TO STORE Layer cookies between sheets of waxed paper in an airtight container; cover. Store at room temperature up to 5 days or freeze up to 3 months. To serve, thaw cookies, if frozen.
PER COOKIE *108 cal., 7 g fat (4 g sat. fat), 21 mg chol., 32 mg sodium, 10 g carb., 0 g fiber, 4 g sugars, 1 g pro.*

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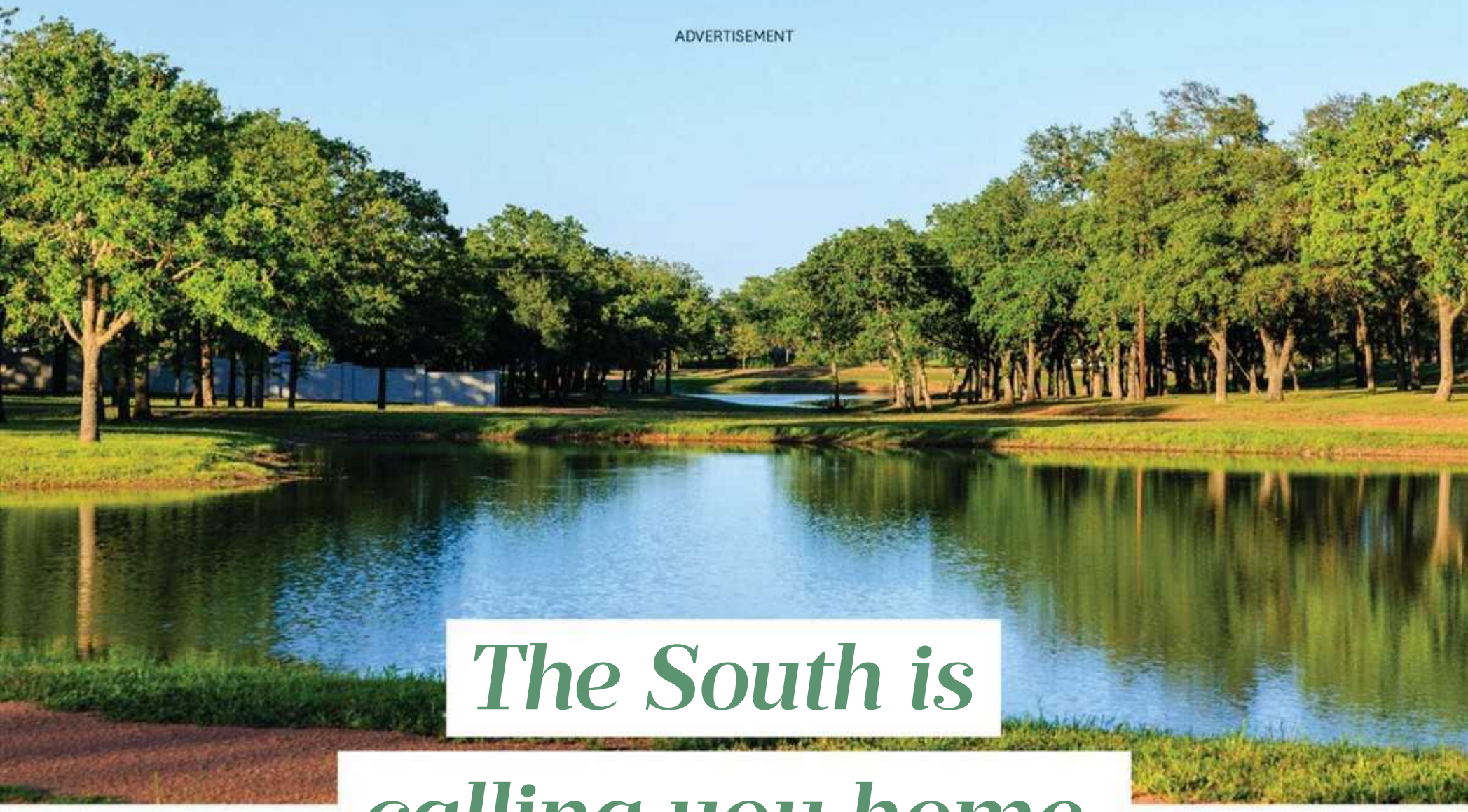

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